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Savvy Times



Welcome to the Journey! Issue 28, Autumn

Parelli International Savvy Club Magazine

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The Last Lonely Barn Page 35

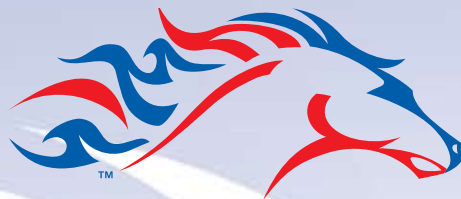
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Event photos by Jennifer Singleton (combined driving) and Bob Langrish (all others). Courtesy Lexington Convention and Visitors Bureau.



Dear Friends,

When Linda and I joined together in 1993 we were committed to do more than train horses or run clinics. We focused all our energy on a very big goal—to change the world for horses and the people who love them. We set about to cause the level of horsemanship to rise and to change industry standards.

Rather than fight against injustice and ignorance, we chose to demonstrate another way—one based on the principles of love, language and leadership—to put the relationship first, develop a balanced foundation through Four Savvys and commit to never-ending self-improvement.

Along the way many people have joined the cause and helped us to share the Parelli message, taking us from humble beginnings to being the number one horsemanship program in the world. Today almost every horse discipline at every level has been touched in some way by Parelli, and many horses have been saved from being sold or destroyed by our teaching humans how to understand things from the horse's point of view. We gave life to a movement we named Natural Horsemanship, and it is now accepted as its own discipline.

The Savvy Club is about building a culture of dedicated students who join together to empower this cause. By being successful with your horse you will live your dream and at the same time help make the world a better place for horses and the people who love them.

Through horsemanship you learn to master the principles of relationships, which goes on to impact almost every other area of your life and the people you connect with.

Thank you for being part of helping us to change the world.

Yours naturally,

Pat Parelli

Linda Parelli



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On the Cover:
Vanna and
Vision at the 2008
Savvy Conference
Cover photo by Coco



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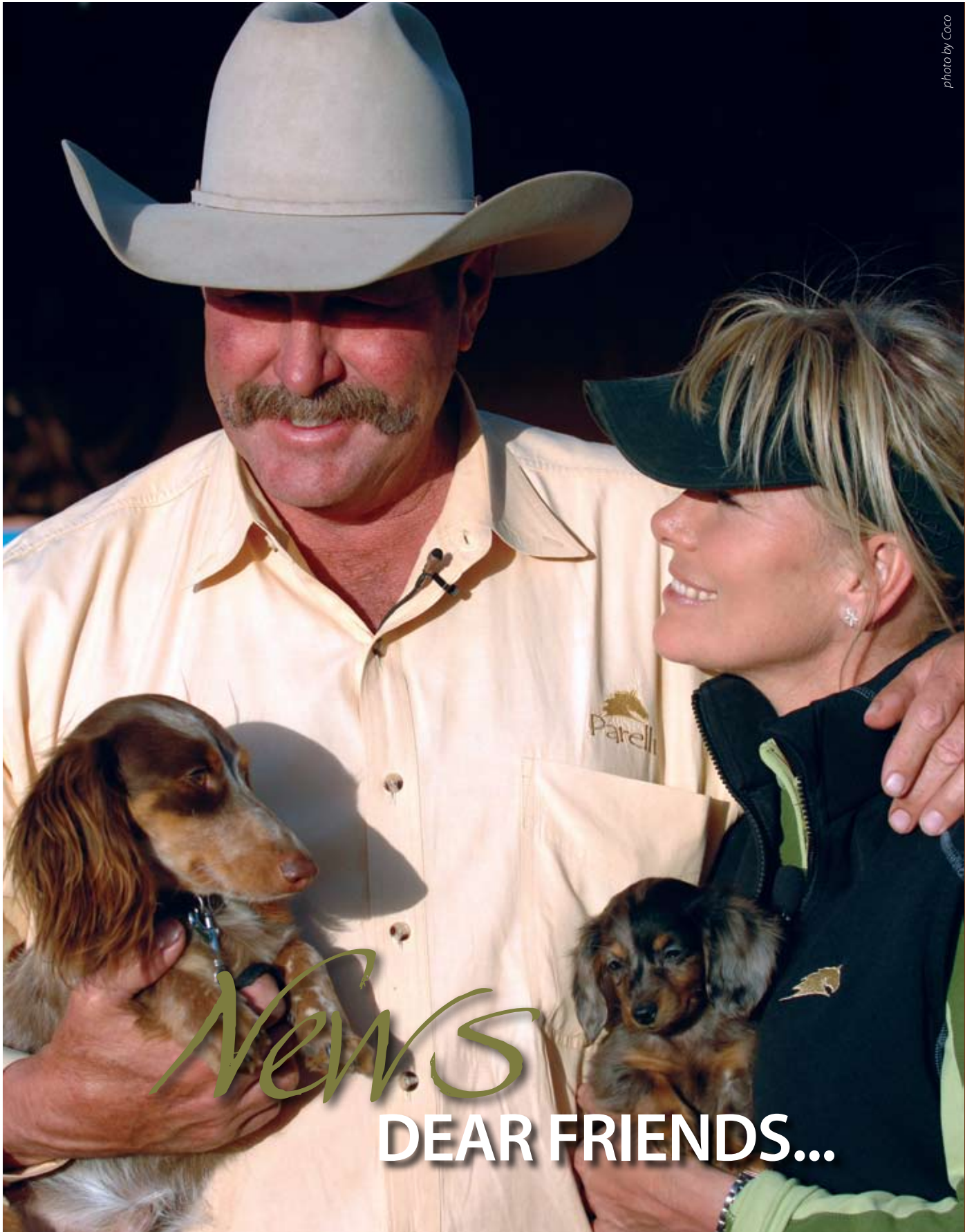
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photo by Coco



News

DEAR FRIENDS...

On the Road to Colorado

Settling into Colorado for the summer has been a rather hurried affair this year. It wasn't long after we arrived that we were on a plane headed to Australia. The weather was also "interesting," with temperatures fluctuating from the beautiful 70s to a snow blizzard, but now the summer season is really on its way, with the grass growing rich and green and Remmer getting way too fat!

On our move from Florida to Colorado we stopped in Beaumont, Texas, for our Share Parelli, Savvy Club and Gold Summit event. My personal highlight was helping Lisa with her trailer loading issue on Sunday. In fact, I blogged about it, because it really brought home a big point about want vs. make and using reverse psychology to really get it to be the horse's idea. If you haven't already

The horse behavior side of things is so interesting to me...to figure out what reverse psychology really means.

done so, go to my blog for more details. I think you'll find it interesting! In the end Lisa learned how to be a clearer, calmer, more focused leader, and her horse Buddy not only became more confident but really wanted to be in the trailer.

On the blogging note, I talked about the other lessons—in Sydney and in Oregon. The horse behavior side of things is so interesting to me, firstly to figure out the best approach based on Horsenality™ and secondly to figure out what reverse psychology really means. Pat's theory and philosophies run deep, and I love uncovering more detail and gaining deeper understandings the more I play with horses.

Reconnecting in Sydney and Redmond

It's always fun to see you all out there on the road; sometimes it feels like a reunion. In Sydney I saw some friends I hadn't seen in 15 years or more, including Jackie White, who I used to ride with when I was 12—of course, that was a bit more than 15 years ago. It was a short trip this time, but while in Sydney we got to surprise my mum by heading there straight after arriving at the airport and then spending a couple of days with them before we left. Most of my family was there at the show, too, including my niece, Sophie, who I hadn't seen for over a year and who had grown up so much. It means a great deal to me

that they find this so interesting. In fact, my mum sent me an email the other day saying, "We're sitting here in bed watching your latest Savvy Club DVD!"

I also got to see my health and philosophy mentor, Glynn Braddy, who inspired me for Horsenality™ and formulated the amazing Essentials feed aid. I just sit there and listen and try to take in as much of his wisdom as I can!

At the Sydney event we had to change things around a little bit because we didn't have any of our super-horses there. Pat had Skip, the lovely chestnut Quarter Horse we bought some ten or more years ago, who had been legged up for him by Parelli Professional Benn Watson. Of course, Pat couldn't do what he does with his horses here, but he still took off the bridle for a few laps and did a flying change before melting to a stop. I remember how that knocked my socks off the first time I saw it, but now for many of us it's no big deal. Isn't that funny? Actually, that takes me back to a time in Germany many years ago when I was briefing the Savvy Team of Level 2–3+ students. When I asked them what kind of special things they could do, they just looked at me blankly.

So I asked, "Can anyone lead their horse backward by the tail?"

"Oh, yeah!" came the response, of course!

"What about riding bareback and bridleless?"

"Sure, no problem!" they said.

"Hey—don't you know how special that is?!!!" I said with amazement.

We had a good laugh, and they put on a fabulous demonstration the next day.

So back to the Sydney event. I didn't have Remmer, so I had to think of something else for the Share Parelli day. After some discussion, Pat and I decided that I would be the one to do the Seven Games "language" part of the seminar. Up until then Pat had been doing it, and it's not easy for him, because he wants to go off on all kinds of tangents and advancements. But we had to keep it simple so people new to Parelli would know how we do "language" with horses.

With my four demo models, Parelli students Jen, Mel, Bonnie, Claire and Rosie brought in their horses and did a super job demonstrating what I was talking about. Then I gave them a few songs so they could just play. Of course, their horses were a bit worried about the crowd (so were some of them!), so they didn't go to Liberty as they can at home. I finally thought that I should encourage them to turn their horses loose, and if they ran off, we'd have some

fun getting them back again. Besides, the crowd loves it when things go awry. It's impressive when horses come running back to their humans, and it's interesting to see what you need to do to get that to happen.

What a hoot! Two of the horses were the main culprits, including Mel's little Welsh pony, who was really cheeky, hiding behind the bigger horse. So I linked arms with her and showed how she could stay mentally connected with him and cause him to want to get back with her. There

I finally thought that I should encourage them to turn their horses loose, and if they ran off, we'd have some fun getting them back again.

was a lot of fun and laughter. (See photos and more on this story on page 43.)

This actually influenced our Share Parelli day in Redmond, Oregon, because it felt so natural for me to be doing the Seven Games teaching part. That meant Pat could do more inspiration, such as having three horses in harmony at Liberty with him while riding!

I gotta say the Gold Summit days are a lot of fun for us,

too—getting up close and personal, being able to answer your questions, teach a little and share the future. It's not often we can do that, and it's great that we've been able to connect that extra day to our tour events.

Little Ones Everywhere!

After Oregon we drove down to the Atwood Ranch and spent a day looking at all the lovely new babies, and Pat got to teach Karen, Lillan, Mike and Catherine a little more with a recently born foal. They are doing an amazing job putting the Parelli principles to purpose and preparing these beautiful young horses for their partnership with people. It's inspirational to see just how much can be done with horses right from the beginning, and Kalley Krick-eberg, who helped get the program started there, is now back with us and working with Pat on horse development.

Then it was off to see the grandkids for a night and a day—talk about a whirlwind trip! Pat's daughter Marlene and her husband Angelo now have two lovely young girls, Angelina and Ellora. Grandpa Pat was in heaven!

Back Home

I arrived home to find Remmer doing far too well on the beautiful spring grasses, so he's on an exercise program to trim up. He looked so fit when we arrived! Allure looks



The cast and crew of The Horseman's Apprentice at the special screening of our newest TV show at the historic Liberty Theater in downtown Pagosa Springs, CO. Keep reading to find out more!

wonderful. After the health problems concerning his thyroid, he is now feeling well, and his coat is that lovely, shiny dark chocolate again.

We're looking forward to a super summer filled with exciting new things and lots of externs, interns, Parelli Professionals and students coming through the gates. In addition, there's the new TV show called *The Horseman's Apprentice* that gives you an inside peek at what the externs and interns are learning under the mastery of Pat Parelli. Not for the faint-hearted, I can tell you that!

On Thursday night we went to our own downtown—Pagosa Springs—premier of *The Horseman's Apprentice*, to be aired on RFDTV, Horse & Country TV and www.parelli.com. By the time you read this you'll probably have already seen it! Not only was it a fun event, but it was the first time that Pat and I got to see the show itself.

Here's what I really, really liked about it:

1. *It was not focused on Pat and me.*

2. *It was focused on our students.* I remember one of our first ads, many years ago—the title was “Look What Pat Parelli's Students Are Doing!” One of our biggest missions is that we empower people. This is not about us.

So in *The Horseman's Apprentice* you get to see the inside of what we do. Okay, many of you do know that part, but the public does not. I think this program is going to show the Parelli Principles in action and how it is truly “way more than riding.”

3. *There's a great mix of themes.* One moment it's about the apprentices (externs) arriving and going through their orientation and team-building exercises with Pat, and then it moves on to some educational aspects and challenges, a look at the character-building and personal growth struggles. And then there's a love story! I think it's fantastic.

Saturday, June 19th was our Colorado Parelli Center Campus open house. Hundreds of students showed up from everywhere, not just Colorado. I met students from California, England, Houston—it was wonderful. The idea of the open house is that you can come and see the campus (our Florida open house is in October) and see current students at play—Externs, Interns, Mastery Students, FastTrackers, two-weekers out there with their horses having fun with the Parelli Games and doing Spotlights for all to see.



Parelli Extern
Lillian Roquet
welcomes local
visitors to our
Open House.



4-Star Parelli Professional and instructor John Baar leads wife Kathy (4-Star Professional) in a dance for the crowd at our Open House.



Parelli Professional and CO Campus Administrator Ann Kiser and her horse Bandit completely amazed the crowd with their demonstration.



photos by Coco

It was a lovely, casual day with food vendors, friendly connections and plenty of sunshine. The day finished with some superb spotlight performances from Mastery Students, a fun liberty demo with Pat, Aspen, Remmer and me, and a grand finale with Pat. We hope some of you can come to the Florida Open House. We'd love to see you there!

Finally, our electronic, customized Horsenality™ Report was released. You fill out a simple questionnaire online, and our specially designed software program computes it all and draws together the information for *your* horse that will give you specific insights on how to take your relationship and results to all new heights. It was pre-released to Gold and Silver members, and I've had so many thank-yous it is truly heartwarming. But here's one of the best I've heard. A student in Texas told me that the report finally helped her zone in on her horse's needs in a way she had not been able to do before. She finally got *how* to wait for her Right-Brain Introvert horse. She said it must have taken 20 minutes or more of waiting before her horse finally took in a deep breath and released all her tension. The next day, while she was playing with her

other horse, her Right-Brain Introvert trotted all the way around the arena and jumped over the fence-jump to come and be with her. That is *huge*. She has made the greatest breakthrough with her horse that you can imagine. She finally got her horse to trust her.

I know how much this insight on Horsenality™ has meant for me in every aspect of my horsemanship, teaching and problem solving for horses and students all over the world. In the near future you will also see the rest of it, the part where we look at your humanity (personality) and match it with your horse! It's been an amazing process to research and write all of this, and to have the talents and experience of Dr. Patrick Handley on the human side has been a great privilege. I only wish I had had this when I got Regalo—the horse that started me on this amazing life mission.

Here's to changing the world for horses and humans, and for having the most amazing relationships with horses through love, language and leadership. See you soon!

Yours naturally,
Linda



Share Parelli in OZ

by Jeni Clevers, Parelli Australia Team

Aussie Parelli students were lucky this year – Pat and Linda visited us in early May to give us a free event and a Gold Savvy Summit!

For me, it was my first time working with the Parelli Event Team organising the event, the venue and the hired equipment. I have to say it was wonderful to work with such an experienced, fun team and seeing my Colorado friends again. We also had twenty-one enthusiastic volunteers who, with training, knew exactly where to be, when to be, why to be and what to do when they got there – very savvy considering they were new to the job.

Over 3500 tickets were issued prior to the event so my colleague, Janet Gray, and I were excited to see how many

would come to Share Parelli Saturday. While around half turned up, what was great was most of the guests were new, non-Parelli people interested in seeing and learning more about Parelli Natural Horsemanship.

Pat and Linda continue to amaze and inspire me with their energy, dedication and love of inspiring people to achieve the ultimate relationship with their horse. I particularly loved seeing the Savvy Team demonstrate that anyone can learn to be safe, have fun and live their dream of being a natural horseman. 🐾



photos by Megan McAuliffe, Brumby Design



Getting a Backstage Pass to “Behind the Scenes” TV Show

by Margaret Hedderman

Dig the remote from the couch and turn on the TV. Two hundred channels and there's nothing on.

Well, just nothing you're interested in. In reality, there's a whole lot of something.

TV shows take months, sometimes years to escape the writer's neurotic brain and make their way to the page, then into a pile of other scripts on the TV executive's desk, back to the page, and back to the exec's desk, and *sometimes* to the camera. Even then, there's less than a 25% chance you'll ever see it.

The Horseman's Apprentice, however, now airing on RFD-TV and Parelli.com, went straight from the brain to the exec's desk and to the camera in less than two weeks. When Director/Producer Stephen McCurry came on board at the Parelli office, he immediately saw an opportunity not to be missed. With Pat and Linda en route to Pagosa Springs, McCurry realized the perfect concept for a TV show was in a tour van headed north.

Pre-production began immediately. A crew was booked and flown in from Los Angeles, along with several shipments of equipment. Pat's office was soon overrun with

cameras, cables and a bustling crew. This was the largest media offensive the campus has witnessed to date. While previous shows focused on lessons with individual students, *The Horseman's Apprentice* took a more ambitious route, seeking to document the *real* life at the Colorado campus.

This goal turned out to be much more difficult than anticipated. Ranch life and filming schedules don't operate on the same clock. When “the only constant is change,” as they say on the campus, the difficulties of planning a major filming session increase tenfold.

“Sam's working with draft horses. Quick! Someone film that!”

“But Pat's giving a lesson!”

“That's not supposed to be for another two hours!”

There was a learning curve on both the filmmaking and campus administration ends.





Executive Producer Neil Pye looks on while Linda applies finishing touches to Pat's makeup.



Taking a break from filming the first episode of *The Horseman's Apprentice*.



Director/Producer Steven McCurry and cameraman Weber Shih film the opening sequence.

Eventually, however, the production found its groove and ran more smoothly. But the troubles weren't over yet! After the first week of shooting and many long nights of reviewing footage, McCurry, editor Mike Wech and Executive Producer Neil Pye came to the realization that everyone was *too* nice. Everything ran *too* smoothly.

At first students were nervous opening up to the camera. After all, Pat was going to be watching this! The producers began referring to it as the sanitized version. Even Pat was too nice to the camera! Not to be confused with reality television, *The Horseman's Apprentice* doesn't create drama, but rather portrays the highs and lows of everyday life at the Parelli campus. Unfortunately, when filming began, all the drama was saved until the cameras stopped rolling!

Maybe the show had been put together too quickly. Maybe the students hadn't been prepped enough. Maybe there weren't enough stories to tell, anyway. Doubts or no doubts, the cameras were rolling, and the crew had no choice but to go forward. Meetings were held with Pat and the students, begging them to not hold back—not to change as soon as the cameras and microphones appeared.

The pleas for help were answered. One Sunday afternoon Pat gathered the whole campus together for an announcement. No one, not even he, was to forget "truth, transparency and trust." In other words, no more holding back. No more filters.

When filming commenced a few days later, the crew saw a whole new world. The confession booth finally became just that: a confession booth! Lessons were held on camera just as they are in real life. At last the audience was getting to see what life on the Parelli campus is really like.

With just the right amount of inspiration, dedication and perspiration, *The Horseman's Apprentice* has brought the vision of Pat Parelli to the world in an innovative new way. Though audiences never saw the beginning of Pat Parelli, they can now witness the heart and hard work of the next generation of horsemen. Don't miss *The Horseman's Apprentice* on RFD-TV and Parelli.com. 🐾

Levels Pathway

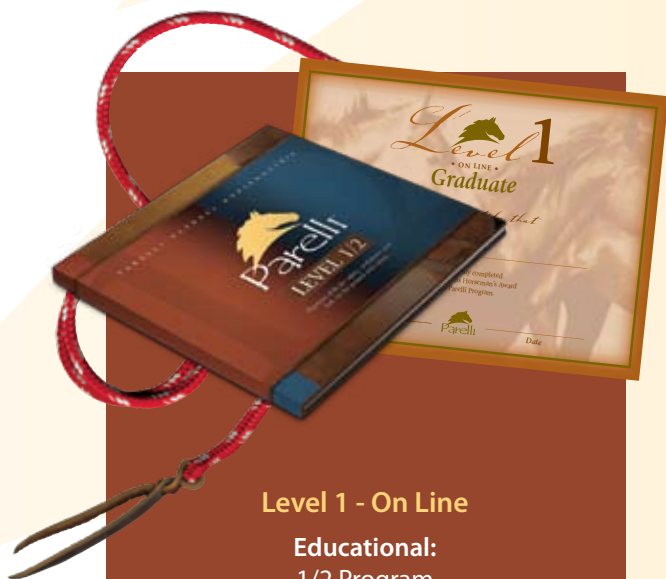
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For more details, go to parellisavvyclub.com.



Level 1 - On Line

Educational:
1/2 Program

Equipment:
Halter, 12-foot Line,
Carrot Stick and Savvy String



Level 2 - FreeStyle

Educational:
Level 1/2 Program

Equipment:
Natural Hackamore or
Snaffle bridle

Level 2 - On Line

Educational:
Level 1/2 Program

Equipment:
22-foot Line



Level 3 - Liberty

Educational:
Level 3 Program

Level 3 - FreeStyle

Educational:
Level 3 Program

Equipment:
Bareback Pad

Level 3 - On Line

Educational:
Level 3 Program

Equipment:
45-foot Line



Level 4 - Finesse

Educational:
Level 4 Program

Equipment:
Cradle Bridle

Level 4 - Liberty

Educational:
Level 4 Program

Level 4 - FreeStyle

Educational:
Level 4 Program

Equipment:
2nd Carrot Stick

Level 4 - On Line

Educational:
Level 4 Program

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Perspectives from the Parelli Zone at **The British Open**

by Beth Barling, West Sussex, U.K.

This April saw the return of the fourth annual British Open Show Jumping Championships, held at the NEC in Birmingham, U.K. Top show jumpers from all over the world competed in an attempt to steal the championship title from three-time winner Robert Whitaker, one of Britain's top show jumpers and a member of the internationally famous show-jumping Whitaker family.

The event also saw the return for the second year of the Parelli Zone, an area dedicated entirely to Parelli. With the show jumping arena at one end of the building and the Parelli Zone at the other (with lots of shopping in between!), little did we know what exciting things were going to happen when the two ends came together and connected in a spectacular manner.

On day two of the event, excitement began to rise in the team as James Roberts, 3-Star Parelli Instructor and Horse Development Specialist, told us that someone special might be joining us in the arena that day. He began a demo later that afternoon by saying, "What's the Parelli Zone at *this* end of the NEC got to do with the show jumping at *that* end of the NEC? Well, let me tell you..."

So began three awe-inspiring sessions with Robert Whitaker and one of his top show-jumping horses, Rooney IV, a stunning nine-year-old bay gelding owned by Mandy Hall. Although he is a talented jumper, Rooney has a history of being scared and unconfident. This led to an infamous occasion when Robert was unceremoniously ejected from the saddle near the end of a Grand Prix show-jumping round when his tie flew out of his jacket and Rooney reacted in panic, and another when Rooney bolted in the collecting ring when Robert was halfway through taking off his jacket. With his arms trapped in his jacket, Rob managed to stay on as Rooney galloped recklessly around the ring until he was brought to a stop by someone on the ground. Not desirable situations

for even the most experienced of riders, and certainly not enjoyable situations for Rooney.

Parelli gives you a different perspective. It helps you think differently.

During three daily sessions at the British Open, in front of a consistently packed and enthralled audience, James helped Rooney to overcome some of his confidence issues using such tools as a Carrot Stick™ and plastic bag, a big green ball, and a tarp to desensitize him to movement—especially around Zone 3, where Rooney had particular issues. Rob watched from the sidelines, and on the first day he even demonstrated his own skills with the Carrot Stick™ and bag!

James Roberts, 3-Star Parelli Instructor and Horse Development Specialist with Robert Whitaker.



photo by Claire Spelling

Making Connections with the Performance World

Following the first session, Rob wrote about his experience in the Parelli Zone on a special blog he was writing for the British Open Show Jumping Championships. "In between my classes today I took Rooney down to the Parelli Zone. He can be a bit nervous sometimes so my mate James Robert, who practices Parelli training methods, tried some 'natural horsemanship' on him. I must say it does seem to have improved him and he seems better already although obviously nothing is fixed overnight! Very interesting to see this work in action."

After the second session I was privileged to interview Rob myself. "Rooney's nervous and doesn't relax," said Rob. "He's tense in the ring. When we do a round he can get spooked by something in the audience or by some flowers. He's always looking around."

By his own admission Rob is extremely open-minded and always looking for ways to improve his horsemanship. "Parelli gives you a different perspective. It helps you think differently," he said.

So Rob got interested in Parelli and began to play with Rooney at home, at first with a little help from James. "We started off with the Carrot Stick™ and plastic bag. He was

a bit wild and all over the place at first. But after the first session with James, Rooney changed almost straight-away. Over time he made some big improvements. Since then we've been dragging a tarp around. Recently I took my jacket off while I was on him, and he was all right!"

Rob is very well known in the U.K. and is considered a huge inspiration. I asked him what advice he'd give to young horse lovers out there. His answer was clear and simple: "Do anything to improve your horsemanship. And Parelli works. It worked for me."

It was clear by the end of the sessions at the British Open that Rooney had been making some positive changes, but what was happening outside the arena was also important. Hundreds of curious people came to see what on earth a famous show jumper could possibly have to do with Parelli. What was the connection? They left with a solid understanding of how crucial having a strong foundation is and what it means to help a horse by putting the relationship first.

Do anything to improve your horsemanship.

And Parelli works. It worked for me.



Robert Whitaker having way too much fun with a Carrot Stick!

Working with the Whitakers: How it all Started

Although to many people at the British Open the appearance of Robert Whitaker in the Parelli Zone might have seemed like a bolt out of the blue, the history between Robert and Parelli actually goes back much further. I asked James to fill me in on some of the background.

"I've been friends with Rob for a long time," James said. "I used to ride for John Pocklington (a legendary show jumping trainer) of The Magna Stud alongside Dermot Lennon. Rob's father, John Whitaker, has always been one of my idols.

"Two years ago Rob approached me about a very talented young horse they called Jewel, sired by John's top stallion, Gem of India. They had tried to have her started by several trainers, all of whom had given up on her and deemed her unrideable.

"Rob knew I was a Parelli Horse Development Specialist and had seen Parelli demos at shows, and he asked if we could do anything. I agreed to take on Jewel. Since my mentor, 4-Star Parelli Professional Rob McAuliffe, was in the U.K., I asked for his help with what I imagined would be a challenging horse. Jewel stayed at the U.K. Parelli campus at Stoneleigh Park for the initial few weeks while Rob started a partnership with her. Pat also played with her during his visit in October 2008.

"Jewel then came back to my facility, and I finished her starting and then carried on her foundation. After I had a car crash in March 2009, my fiancée and partner Vicky carried on with Jewel and took her to Level 4 before the horse went back home to Rob Whitaker. Rob was amazed with the results, and neither he nor his family could believe the difference. She is now out competing, finally fulfilling her potential as one of the Whitaker's super horses.

"This was the start of our relationship with the Whitakers, and Rob wanted to know how to get these results himself. He mentioned another horse, Rooney IV, one of his top horses but very Right-Brain and misunderstood. He asked if I could work with him, but I told him it would be far cheaper to learn it himself and go through the program. So I set up some coaching sessions for him and Rooney. Once he experienced it and saw the changes firsthand, he was hooked. After visiting the Whitaker base in Yorkshire, we set up a program for his team, and they have been carrying on with this at home and implementing our principles, philosophy and techniques in their daily routine. Once Rob grasped the concepts of prey/predator relationships and was shown the Seven Games

to gain the horse's confidence on the ground and then in the saddle, the results spoke for themselves.

"Rob's team now has a different perspective on horse training and a new approach to foundation training, using communication and understanding rather than force and mechanics. Rob is an active supporter and student of Parelli, and our relationship continues to grow. I have now worked with several of his young horses and will continue to help Rob develop his horses naturally, using Parelli. Rob understands the importance of causing his idea to be the horse's idea but understands his horses first.



"While watching me play with some of his young horses, Rob's father John commented that he watched his own father using similar techniques with a similar philosophy, but it had gotten lost over the years due to a faster-evolving world, including horse training. John loved Pat's saying 'Slow and right beats fast and wrong.'

"Over the years Pat has proved that to have the ultimate pleasure horse and ultimate performance horse, a solid foundation is essential. There had to be a link between the Parelli Zone and the jumping arena. We proved this week that we are not trick trainers and not cowboys. We are, however, very good at teaching people to think, feel and play like horses and develop a foundation essential to any discipline." 🐾

Soaring to New Heights

by Stacey Schofield, Parelli Support Team

The Parelli Support team decided to take our efforts to new heights and enjoy some of the sunshine!

We have been trying to think of a fun way to grow together—what's more fun than a balloon ride?

It was fun to see Pagosa Springs from a new angle!



The Parelli Support team at its best!



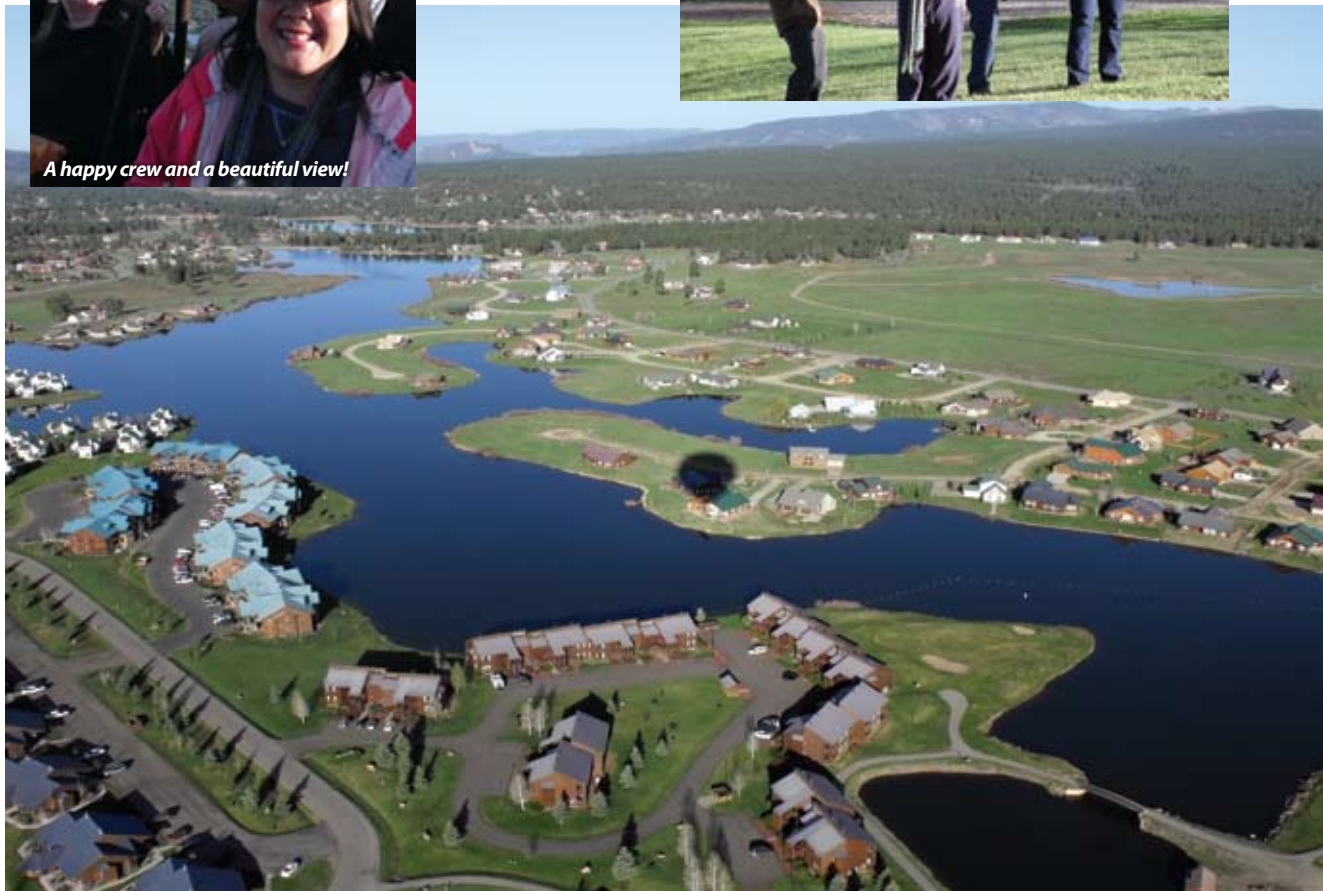
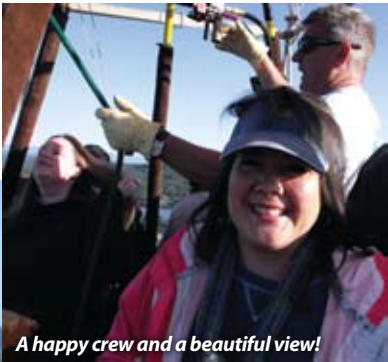
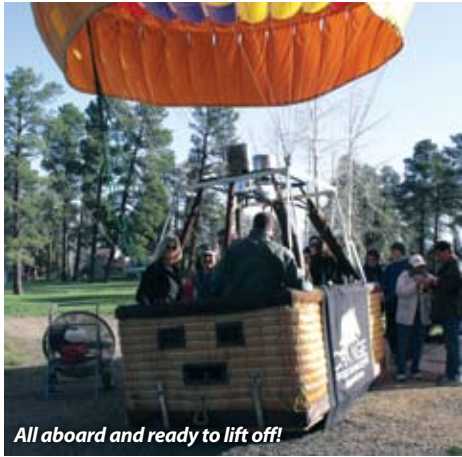
Excuse our backs — we're rigging the gondola.

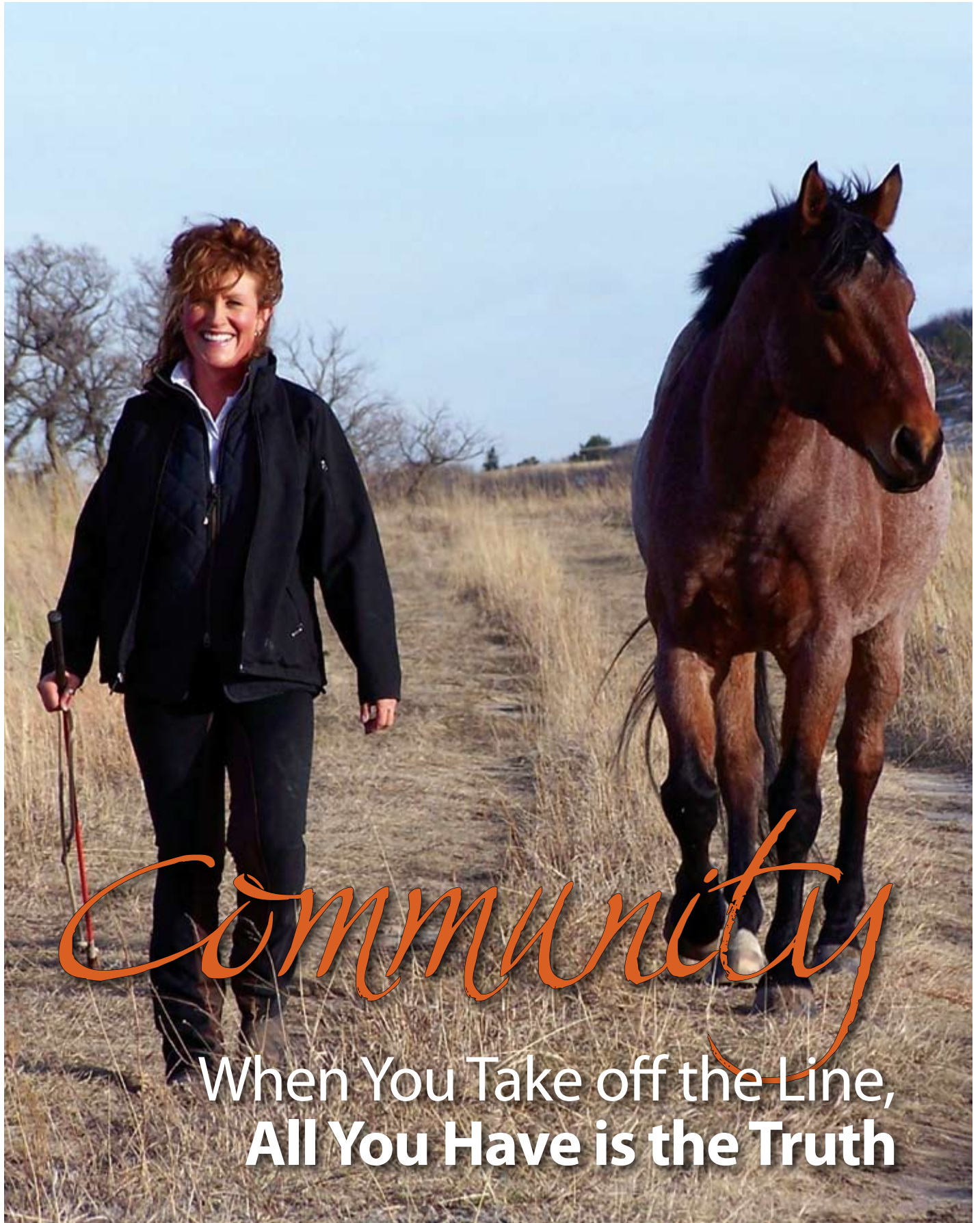


Now this gives new meaning to the term, "full of hot air!"



Let's make REAL sure that balloon is attached correctly!





Community

When You Take off the Line,
All You Have is the Truth

by CC Bonilla, Colorado, USA

When your horse is not attached to you by bridle or rope, how he really feels about your relationship, the extent of his trust and faith in you, how much he really wants to be with you, will be evident. There is nothing that will stop him leaving if he wants to.

Something really exciting happened to me tonight, and I'm bursting to share it with you. It was the realization of a dream, and a dream that I can only say I never imagined would happen to ordinary me! Many little girls and many adults dream of having a horse that will be their best friend, a horse that will go everywhere with them and so they can do everything together, a horse that you imagine riding off into the sunset with, your hair whipping round your face as his flying hooves set the earth shuddering beneath you, his mane dancing in the wind. Well, tonight I didn't gallop off into the sunset with Journey, but we achieved a connection more meaningful and tested our relationship fully.

Pat Parelli says, "When you take off the line, all you have is the truth," meaning that when your horse is not attached to you by bridle or rope, how he really feels about your relationship, the extent of his trust and faith in you, how much he really wants to be with you will be evident. There is nothing that will stop him leaving if he wants to.

Journey and I have been achieving some pretty exciting stuff at Liberty (off line) in the arena lately. Without a line attached, not only will he (usually) stick to me at walk, trot and canter wherever I go, but he will side pass away from me or toward me, back up through gates with me behind him, go over obstacles, do figure eights, etc. He'll even come cantering across the arena right to me, halting hard in front of me. One of his favorite things is to play with the enormous green ball with me, and boy, does he get into it! All this has suddenly blossomed from small beginnings over the past few months, and the speed with which he's learning is blowing me away. I can hardly think of new things to teach him quickly enough. Journey's stretching my imagination beyond belief! In fact, until I started on the Parelli program I really didn't have an imagination when it came to teaching and challenging my horses!

So with all this buzzing in my brain feeding my confidence, and armed with more ideas from Parelli Natural Horsemanship, I decided to put our relationship to the ultimate test. And this is what happened.

I played with Journey a little in the arena to get his mind and heart with me. Well, I had intended to play,

but his heart wasn't quite in it, so mostly I sat on a block, scratched his favorite itchy spots and gave him some cookies until he showed me that he was in the mood to do something. Once I sensed he had reached that "sweet spot" where he was mentally engaged and emotionally able, we set off into the dark. Andrea had her super smart, willful black mustang warmed up, saddled and ready to go, and my dogs, eager as always for an adventure, didn't need asking twice.

The night was lit by a huge golden orb of a full moon,

Journey's stretching my imagination beyond belief! In fact, until I started on the Parelli program I really didn't have an imagination when it came to teaching and challenging my horses!

which was hanging in a stately manner above the hill. Its light silhouetted every scrub oak and bush and illuminated the snow till it sparkled. There was a gentle wind, chill enough to make you thankful you had thrown on a sturdy barn jacket and that sent you digging in your pockets for gloves. I was on foot with Journey on a 12-foot Line, and Andrea was in Yukon's saddle. We started up the hill and into the 450 acres of our neighbor's land. Making sure to



honor each threshold my horse encountered, I stood quietly, reaching out a hand to reassure him while I waited for a subtle signal in his body language that would tell me he was ready to move forward. The dogs, boundless in energy and enthusiasm, raced on in front, tracking back and forth in the dark like ghouls searching for a soul to snatch.

Journey was super alert and understandably tense, but through my listening to and honoring his thresholds (concerns/fears) he soon softened, and I knew the time was upon us. At first I simply lay his lead rope across his strong back, his withers providing a natural resting place for it, and walked on confidently, sucking him along in the wake of my energy. Horses are natural followers and love it when you have a plan and execute it with confidence. Journey slipped in behind me, and as I tested the strength of our connection I found that he would go wherever I went, stopping when I stopped. I could lag well behind Andrea and Yukon, and he'd stay right with me; I could overtake them, and he'd follow; I could take a different direction, and he was there unhesitatingly. This being the case, I removed his rope and lay it over my shoulder. He was free. What would he do?

All seemed to be going smoothly. As we started down the first steep hillside lined with natural ridges in which the snow was still deep, we could see, dotted across the dark horizon, the welcoming lights of homes, bright with the business of their occupants. Two neighboring indoor arenas to the east of us were lit up like space ships, and I almost expected to hear the crackle of static electricity and the hum of engines building in strength in preparation for departure! Journey suddenly anchored up sharp, his head high, his mane lifted by the breeze, ears pricked as he strained into the darkness. I could see an occasional glint of an eye in the moonlight as he searched the eerie black ahead. I waited and then walked on, my body language asking him to come with me, and he did. His pace slowed, and he fell behind a little, again coming to a dead stop. I went back to him. Reaching out a hand to smooth his soft coat, I was alerted by the steely tension in his muscles and let my hand slide down his neck to his chest. There I found, as I suspected, a pounding pulse gaining in intensity. This was no ordinary threshold; he was seriously worried. Suddenly his feet sprouted wings, and he sped away across the snow ahead of me. Immediately I asked for his attention. He whirled around about 50 meters ahead, acknowledging my request, and straightaway I drew backward, drawing him in to me. It was an amaz-

ing sight and feeling, one I will never forget. He came cantering to me, gliding over the snow, his head high, the moon glinting in his eyes, and it seemed every flying hair of his mane was etched against the night sky. He came with such speed and passion that when he stopped in front of me he had to sink down on his hocks, the energy still coursing through his body lifting his front feet off the ground in a controlled rear. At that moment I remembered the fictional Champion the Wonder Horse of my childhood. He was magnificent! And you know what the

Horses are natural followers and love it when you have a plan and execute it with confidence.

most amazing thing was? He didn't run to his best buddy, Andrea's horse Yukon. He ran to me for safety!

I clipped the rope back on at that point, wanting to set my horse up for success, and as I peered into the night I realized that there was a herd of cows close to us, just down in the dip, looking equally as startled! I walked for a little way with Journey still in hand, allowing his confidence to build until I felt he was ready to turn loose again. I started by laying the rope across his back, and again he walked and trotted close to me, sometimes beside me, sometimes behind, and occasionally feeling cocky enough to give me a shove between my shoulder blades to test my conviction and leadership! I was just about to unclip the rope when again he pulled up sharp. This time I was faster about hearing my horse and quietly picked up the rope from his back. At that moment we saw the flying silhouettes of two galloping horses bearing down hard on us. Tye (my border collie), sensing the impending disaster, sprang into action, trying to head them away from us, but they simply circled and came about hard again. This was the perfect opportunity to reinforce my ability as leader of my "herd of two" and to protect my horse. I met the galloping horses, matching their energy, driving them away hard with my Carrot Stick™, the string meeting the nose of one very surprised, feisty mare! They wheeled in retreat before coming again, and again we drove them away hard. Journey, now 18 hh, was whirling behind me, every fiber ready for flight. They probably came at us hard three or four times before realizing that we had the stronger intention. As our intrepid party climbed out of the basin and up the hill a third horse appeared from

our right, but from his demeanor we deduced he'd seen our display and was convinced! They caused us no more bother as we went our separate ways.

Journey, obviously impressed by my bitchy-mare impersonation, settled back into the swing of things quickly, but it was a little while before I turned him loose again. If those horses had sprung another surprise attack from the rear or the flank, I could have lost him on 450+ acres and would have had to go back for the truck to find him. Nah, not at the end of a long day!

Finally sure that I had convinced those horses, I started over, rope over his back till I was sure he was hooked on to me, then rope removed. Thus ensued the last third of our adventure, uninterrupted and harmonious, just woman and horse traveling the snowy, moonlit landscape connected by invisible ropes of trust and understanding. Where I walked he walked, where I turned he turned, when I ran he mirrored me, sometimes cantering slowly alongside. To say it was magical doesn't do it justice. I was spellbound, and time stood still. There could not have been a more perfect setting than the backdrop of the mountains, the moon quietly looking on, my dogs

and close friend all part of the intricate tapestry of events unfolding around me.

As we walked down the hill to the gate above the barn I wondered what would happen next. Usually when riding down this last hill above the barn Journey tries to bowl down, loving to let momentum take over. This time, however, he stayed perfectly balanced and quietly at my side. And as if for an encore, as I opened the gate and asked him forward he waited perfectly still by my side to allow Andrea and the dogs through, and as I turned to close the gate he executed a perfect turn on the forehand, stepping up with me to latch the gate. With him still loose by my side, we wandered back to the softly lit stable, with me mesmerized by the soft look in his gentle eyes and the incredible events of the last hour and a half and him eager for carrots!

The miracle of the horse's heart and generosity never ceases to astonish and surprise me. The enormity of what horse and human can achieve together when principles are put before goals and the relationship is put first inspires and drives me onward. 🐾



Backing up comes easily with confidence and trust.

The History of Geurie

1997-2010 by Paula East, NSW, Australia

Apart from the beautiful gum trees and serene rural setting, at Geurie we pride ourselves on our country attitude of “make yourself at home.”

Watching Neil Pye do a Level 1 clinic at the Dubbo showgrounds in 1997, the harness horses belting around the outside track in practice sessions, the “never been to a clinic before” horses reacting dramatically and the look on Neil’s face made me realise we *had* to find somewhere else.

For a while we opened up our property for clinics at Wellington, NSW, but we decided we needed somewhere neutral to go to. We did find somewhere, and for the past twelve years we have been holding our Parelli clinics and camps at the Geurie Racecourse and Recreation Grounds.

Many instructors have come and gone since Neil: Kate Gwinn, Andrew Booth and Tony Lander. Many a student has come and gone, too, but a small but dedicated core of students still remain, one of whom—Sandy Hawke—saw Pat when he came to Orange, NSW, in 1995.

Principal Instructor David Grace

I remember, years ago, receiving a phone call from a new instructor, David Grace. He rang and introduced himself, saying that Andrew Booth had asked him to look after us, as Andrew was heading off to America to work for Pat. Well, David did look after us, and he still is. He is our principal instructor at Geurie.

With the help of donations from David and the support and work of our husbands, we set about building ourselves a Parelli playground. Lead change logs, jumps, a tippy bridge, various obstacles and a free-standing float were slowly organised.

We met and were looked after by Kaye Thomas when David left for America to work under the great horseman Ronnie Willis. Many a memory was created with Kaye during that time, and some of us ventured south to Howlong to participate in Australia’s first round of tournaments.



Erlina and Baltic playing at Geurie.



Great Squeeze Game obstacle at Geurie.

What's So Great About Geurie?

Apart from the beautiful gum trees and serene rural setting, at Geurie we pride ourselves on our country attitude of "make yourself at home." Our facilities include a self-contained kitchen, gas barbeque, recently renovated toilets and showers and ample grounds for camping. The local hotel has rooms available, and more luxurious accommodation can be found within 20 minutes at Wellington or Dubbo. Many a night is spent during a clinic or camp yarning around the campfire.

Horse-wise, we nearly have it all—approximately 60 acres of grounds, including bushland and tracks; the biggest ride-the-rail you could ever want (the now-disused racetrack); and cleared ground where we can set up for bull's-eye, point-to-point, cloverleaf and question box patterns, to name a few.

Recently the local pony club and campdrafters have

honed in on Geurie. They have been pouring a lot of time and money into creating a large camp draft yard, new stockyards, a rodeo arena (in the process of being rebuilt) and single-style horse pens. We're also creating the most perfect obstacle course a Parelli student could wish for, including a top-quality cross-country set in the bush, a water jump, jumps of heights and designs to suit all abilities and a unique covered bridge spanning a gully.

These are but a few of the challenges we have to play with to increase the confidence of our horses. We have been blessed with this at our doorstep and even got some ideas from our original obstacles, like the tractor tyre squeeze, although they have taken this even further.

Recent Activity

With the recent arrival in Australia of Parelli Instructor Rob McAuliffe and his excursion to the Central West NSW

to come and teach us at Geurie, we students are hoping that Geurie will soon become the country's Parelli Centre where students and instructors can head to enjoy our hospitality. Due to this interest we are seriously contemplating putting in a submission and application for a grant to build a Parelli Honeycomb. Then we can really say we have it all! So what are you waiting for? Come to Geurie and check us out! 🐾



Sovereign and Paula.

Member Profiles

Member profiles will highlight a handful of Savvy Club members each month, allowing them to share their stories with the Parelli Community. If you would like your profile to appear in Savvy Times, email your responses to the following questions and a picture of yourself and your horse to savvytimes@parelli.com.



Sue Pratt

Wollongong,
NSW, Australia

How did you find Parelli?

I have had a couple of horses. I got them when they were somewhat neglected, sorted through

problems, let them teach me stuff and then got bored once we could trail ride without problems. So I would sell them to a good home and start again with another horse who would teach me new things. I didn't know what else to do other than trail ride. I wanted to learn more, but didn't know where to go for that knowledge. Seeing how the other "successful" horse people did things didn't impress me. I knew I didn't want to learn from them. Then I saw someone playing with her horse, and the more I saw, the more I liked her approach — so I asked some questions, and that's how I got into Parelli.

How long have you been playing with your horse?

I've had my horse since he was three and a half years old. He was started naturally, but very green. I got him at the same time as I started Parelli, and you know what Pat says about green on green! We wandered around in Level 1/2 purgatory for a number of years until I was able to attend some clinics in 2008 and finally started to make progress and find our way out of the murky mist!

Describe the horse in your life.

My horse is now eight. He is a Paint QH cross gelding who is generally Left-Brain Extrovert/Introvert. However, he can go Right Brain Extrovert/Introvert at certain times and in certain environments, so he really keeps me guessing and on my toes! He can be very hard to read.

What level are you playing in?

Level 3/4 on the ground and Level 2/3 in the saddle.

What are your horse dreams/goals?

My dreams/goals are to keep getting better! I just want to be the best me I can be for my horse. I want to be better at reading horses and solving problems/puzzles. A perfect horse is boring. I love to have something to work on, and Cash is always happy to oblige me in that! I'm sure there are still a lot of things he wants to teach me!

What has your horse taught you?

The most important thing he has taught me (and is still teaching me) is emotional fitness—staying calm in all situations, not getting frustrated or direct-line in my thinking.

Tell us about the best moment with your horse.

The best moment for us... well, there have been many... lots of BFO moments that were great, lots of Liberty play sessions that left me saying wow, but the best one has to be the day I was able to play at Liberty with another horse present. We generally play on our own—not by choice, but because of an unavailability of savvy friends. So for a horse that always wanted to run off when other horses were around... he stayed with me... I was stoked!

Yannick Demarest

Etaples-sur-Mer, France

How did you find Parelli?

Thanks to my Right-Brain Extravert mare Fany. The beginning of my journey with her was made of accidents, fears and dissatisfaction because we were making no progress. It was either selling her or finding a more natural way to improve.

How long have you been playing with your horse?

I have owned my two horses for ten and eight years, but I have been playing Parelli with her for over a year now.

Describe the horse in your life.

My first horse, Fany, is a 17-year-old, high-spirited Right-Brain Extrovert French trotting mare. My second horse,



Hiliasse, is a 14-year-old, medium-spirited Left-Brain Introvert French trotting mare.

What level are you playing in?

Fany and I are Level 2 graduates. I'm currently playing in the Level 4 On Line Patterns with both of

my horses as well as Level 3 Liberty and Level 2 FreeStyle with Hiliasse, as Fany has fallen ill recently.

What are your horse dreams/goals?

A bareback and bridleless canter is one of my dreams, as well as having as much fun as I am now playing On Line in the fields with my horses.

What has your horse taught you?

Fany has taught me that by listening to her and taking the time to address her fears, my dream horse was always there waiting for me. As for Hiliasse, she has taught me not to underestimate her!

Tell us about the best moment with your horse.

Hiliasse's front leg got caught in the 45-foot Line during a flying lead change in an open field due to my lack of savvy handling of this long rope. She panicked and escaped to the village. But then she stopped in the middle of the lane and chose to wait for me as I was running to catch her. I will never forget when she turned her head toward me, waiting patiently for me. I was so grateful for her not having been knocked down by a car. With Fany, it's her exuberance whenever we play together On Line in the fields. She loves to canter!

George Roosevelt

Florence, Colorado, U.S.

How did you find Parelli?

My wife and I were turned on to Parelli by a friend back in Pennsylvania.

How long have you been playing with your horse?

We have been playing with our horses for about three years.

Describe the horse in your life.

While I have two horses, my new mustang (acquired from the BLM prison program in Canon City, CO) is receiving most of my current attention. He is a six-year-old gelding captured in northwest Colorado. I'm still deciphering his Horsenality™ but he is sweet while being the challenge that mustangs are.

What level are you playing in?

As I have only had Daniel for several months, we are working on Level 1.

What are your horse dreams/goals?

My dream/goal with Daniel is to develop a bond of mutual trust, affection and respect. (This seems harder to do with a mustang but can also be more rewarding than with a domestic horse.) This is more important than my secondary goal of developing a safe ride.

What has your horse taught you?

My mustang in particular has taught (reinforced for) me the value of patience, perseverance and the art of going slow.

Tell us about the best moment with your horse.

My most rewarding moment with my horse actually happened with Daniel's predecessor, a mustang I got from Montana named Bobby. Bobby was about 15 and was a good ride, but when his job was done he wanted nothing to do with people, as he had not been treated very well in the past.

I had ridden Bobby often in Montana before I knew of Parelli, and groundwork was unknown to me. When Bobby joined me in Colorado he still wanted nothing to do with people, and my time with him was just spent

bonding during undemanding time. I had just begun Level 1 with him. He was still very flighty but was growing to trust and like me. One day I was sitting out in their field doing nothing, wanting to see what horse would do what. I was flabbergasted when Bobby just walked up to me and lay down beside me. It was one of the biggest highs of my life.



Global Community

Reader submissions from around the world

Holland is Doing It for the Horse

Anna de Winter, Alkmaar, Netherlands

The concept of doing it for the horse is well known among the people that I know. So the challenge was to bring that same feeling to a larger group of horse lovers without giving them the feeling we are only softness and flower power.



Two friends that I have known for a long time and who are active Parelli students themselves wanted to give a boost to natural horsemanship in Holland and came up with the idea to organize a day specially for natural-oriented people. Not just a horse fair with some natural trainers, but a special day for people wanting to do it *for* the horse.

It started off with the idea of organizing a day like that for people that my friends knew, but the event grew and grew in the months before it happened. In the end 380 tickets were sold. They never expected it to be such a success, and it was really busy. Eight hundred people came through the doors and got the energy of all kinds of professionals and amateurs sending out the same message: Do it *for* the horse!

We got to demonstrate twice, thirty minutes each time. We were the only ones with two demos. I had the honor of making sure that everyone there understood what makes Parelli especially great next to



all other methods that were shown. We were with four people and four horses on the demo team—Julie from Belgium with her mare Ghaalin, Roos from France with her mare Poca, Nathalie from Belgium with her mare Lolita and me with my horse Romeo.

It was easy to tell people why Parelli was perfect for the goal that was set for the day. And my horse was really a perfect partner in showing how to do it *for* the horse as well. Sometimes he spooked, and I could just take the time it took to have him confident; sometimes he was my perfect partner, and we could show some *wow*; and sometimes he needed some leadership, and I could help him trust mine. The others also did a great job representing Parelli.

We also had a stand that was organized by Eef Veenstra and Irene Lier. We sold out of all the Get Started DVDs that we brought as well as some equipment. From all over the audience there were positive comments on our demo, and I think at the end of the day we can say it was a big success. We are looking forward to next year's Equiday.

Emotional Fitness

Karen Gibbs, Queensland, Australia

I found Parelli five years ago through another student, although I've only just had a blinding flash of the obvious and feel like I've put it all together. I am finally moving forward! I've struggled with the horses I had versus my personality and lack of skill. I bought a Quarter horse in May as a last chance to get it right, as I am fifty now and know I'm not getting any younger! She is unstarted, so I've been playing on the ground with her twice a day for about three months. She is a well-handled four-year-old, definitely left-brain. She is very smart and sensitive. I am playing in Level 2. My goal is quite simple: to have a calm partner that I feel I can trust because she trusts me.

Throughout my journey I have been told I'm too high-strung to have horses. This always seemed grossly unfair to me; I am nervous by nature, not afraid of horses. Horses are my passion. I need them in my life, so I ignored this advice and pressed on, looking for answers. I tried hard not to show nerves to my horses. As I'm a perfectionist, I have

tried to do everything exactly by the book for five years. Don't talk! Use body language! Use phases! Stand in the proper position! I know the principles inside out, but it didn't click about the feel.

My BFO came recently when I realized that I don't have to think about every little thing—this just brings too much emotion. I realized that it isn't nerves or fear I'm feeling but high emotions while trying too hard to be perfect. My horse tuned into my emotion, and not much went right. I realized I just had to feel and calmly imagine where I want the horse to be. No frustration, no emotions rising. *Wow*, I wonder how I got through it. Worse, how did my horse get through it?

I now stand calmly, with low emotion, clearly direct my horse and she calmly goes. Our relationship is building daily. When things go wrong I realize I asked wrong. No problem; I just ask again correctly and clearly and, above all, calmly. All is right again. This little mare has taught me that horses are not afraid of "nervous" people—they are afraid of "emotion" of any kind. If you jump around in a highly emotional, happy state, the response from the horse won't be any better. The answer for me is to keep my emotions low, and the horse will be calm and responsive.

My whole life is now calmer and better for it. Each day I go out to my horse, and she comes running to me. Some say that she knows who feeds her, but in my heart I know it is so much more than that. It is the best feeling in the world. After all, it took me five years to get here!



Recipe for Success

Laurel, Adara & Kiana Sajtos, Manitoba, Canada

Due to allergies in our family, eighteen months ago we found ourselves in the following situation: one rusty old cowgirl, two green kids with one winter of riding lessons and four young Bashkir Curlies. A recipe for disaster?



I thought so! Fortunately, we had been introduced to Parelli when the girls started taking riding lessons. We joined the Savvy Club and started with the educational DVDs. I cannot think of a better way for young horses and handlers to learn together. The games they have created and the results have been amazing. We are all having a great time. Those critters run up and practically jam their heads into their halters, they enjoy playing with us so much. What we have learned has helped us not only with our horses, but with our three rescued dogs as well. Thank you so much!

Horses Can Talk

Marti Regan Szczur, Virginia, U.S.A.

"A horse can't talk," the boy said.
 "Ha, ha, unless the horse is Mr. Ed."
 "Oh, yes, they certainly do," says I,
 "With a nicker low and high
 And a whinny, snort or blow.
 Plus a swish of their tail, fast or slow.
 Ears laid back can warn 'stay away.'
 A nuzzle says 'You've made my day.'
 Yep, horses can talk as well as you," says me,
 "Learning their language is the crucial key."

Sometimes Two Heads Are Better Than One

by Ed Beckmann, Hampshire, U.K.

How your partner can join in your fun with horses, grow to love your pastime and help you as well.

I guess you will not have started this page if a) your partner is already as involved with horses as you are, or b) playing with your horse is your refuge of sanity, and the last thing you want is your other half poking his or her nose in!

Background Bit

My sister had a horse or pony for as long as I can remember. I got plonked on a pony when very young and was taken to a few Gymkhanas to sit there and smile sweetly, but my heart was never in it. Years later, when I met my wife, she had a horse, and frankly, at weekends I did my hobbies, and she did hers. On winter mornings I stayed warm, and she got cold and wet. I guess Pat would say that I was the other kind of person.

Then Jane discovered the Parelli system.

I was hooked. My work involves working with people in their development and leadership, and at last we found a common language to share instead of riding a martingale or putting on a piaffe (or whichever they were; I could never remember). For me there were several reasons for becoming involved, from developing my coaching skills to holding a video camera for assessments. It's funny how just wanting to spend time with someone can foster an interest in the things that he or she likes. If I said "understanding time" and playing "Me and My Shadow," I think you have the equine equivalent of getting on the same wavelength. Parelli-ing together has led to some great conversations, helped us work together to improve two peoples' horsemanship, occupied evenings with "Which Savvy Club DVD shall we watch?" and resulted in a sprint for the post when the *Savvy Times* magazine arrives. So if you do decide to try out horsemanship together when it has not been a mutual interest before, here are some ways in which we have found it a great addition to our lives. Although I have only ridden a couple of times, I am currently enjoying studying for Level 2 on the ground and watching Jane work on Level 3/4.

Rather than just ramble on about our domestic life, I thought that it would be interesting to relate what we do to Pat's 7 Keys to Success. If when you read this you want

to adopt any of the things that we do, then great—but read the health warning at the end beforehand!

Attitude

Who knows the principles that you hold dearest more than your partner? He or she knows how you go about things, so talking about how you are with your horse is a good way of checking out your own attitude. Your partner has the opportunity to spot when your attitude changes, and maybe where you could adapt a little by adopting the attitude you have when doing something else. For example, you may be stuck finding the right attitude in a situation with your horse. Talking it over with your partner, he or she may relate it to an unconnected but similar situation with your family. You can see the similarity to the situation, think it over and solve the problem! No instructor could know you well enough to make that suggestion.



Knowledge

Let's assume that currently your partner is as ignorant about horses as I was. I knew three things: they smelled, their hair clogged up the washing machine and they could empty a bank faster than Butch Cassidy and the Sundance Kid. This ignorance on my part was ideal. Since the best way to learn something is to teach it, I was asking the dumbest of questions, and Jane had to work out a way of explaining it clearly and simply. Equally, I could test her on some of the study packs without her ever feeling that I would laugh at a stupid answer. They say the average three-year-old child asks 247 questions a day. Give me a study pack, and I bet I could beat that!

Time

Hmm... take the time it takes. There are two issues with this one: having the physical time to do things and dealing with the emotional challenges of waiting or feeling as if no progress is being made. So when I am at the stables I can clatter about doing tasks while Jane concentrates on the relationship. If we only have half an hour and I do ten minutes of the chores, it results in 50% more quality play time. Poop-picking can be a useful diversion if I have had a hectic day and have some thinking to do.

So patience and progress. Have you ever noticed that when you are waiting ten seconds it can be an age, yet if you are watching, time just flies? Your partner can alert you when your watch gets more attention than your horse, or he or she can have a go online and pause for what you thought was a lifetime while you watch for the horse's reactions. If your partner sees the horse less often than you do, he or she can highlight the progress that you have made in steps so subtle you hardly noticed and help you to enjoy the stillness of neutral.

Techniques

If acting like the back end (or front end) of a horse has always been your ambition, sign up here! Anyone who has been at a Parelli course, watched the study packs or followed the DVDs will know the fun of simulations. Those already ahead of me will have realized that simulations with your partner can have that extra edge that friends just cannot provide. Hidden cameras in our house would have recorded such highlights as testing phases, directing energy, bringing life up and all manner of hand signals when we have been moving things around or just getting in each other's way. If you think we're strange, remember that you are the one still reading this stuff!

You can also give great feedback either at the time or while watching the videos you made of your partner and his or her horse. If you do give feedback, say what you saw and how it seemed to you. You do not need to know whether what happened was good or bad, but your perception is invaluable. When you get feedback, remember that whatever impression your partner got it is valid—it's what he or she noticed. It helps if you avoid getting defensive, and of course, it is up to you whether you do anything as a result of it.

Tools

Aah—the solution to all your gift worries—the Parelli online shop. Also the place where you will find your old

planks, barrels, tarps and an endless supply of projects if you want something to do.

Imagination

Set a problem for a group and you will get more suggestions than if you put it to an individual. We all think differently, so if Jane ever gets stuck for a game to play with her horse, I can suggest something. Because I am not constrained by knowing whether it is possible to do or not, I just suggest something, and she gets on with it.



Support

Partners can provide support in loads of ways—we can listen, watch, take photos, be interested, act like mirrors that can speak, celebrate successes, be there when needed and keep out of the way when appropriate. We can choose to praise a decision or challenge it (but we should always respect it). Most of all, we can believe and feel proud. If you have read this far, there is probably little I can suggest to you under support, as I am probably preaching to the converted.

And Finally, the Health Warning

As in many activities you do as a couple, be prepared for the occasional clumsy or mistimed comment and some heated debates! We recommend that you make a conscious agreement that some comments need to be taken in the spirit in which they were given (and sometimes in the heat of the moment). In time your partner will learn how to approach and retreat, be particular but not critical, know how to motivate you and, of course, know where your personality is at any point in time.

If you're game for a bit of an experiment, then go for it; your partner may even become as indispensable as your horse! 🐾

Ed Beckmann is a coach who works in the field of personal development. He now willingly calls himself a horse lover as opposed to one of the other kind and is studying for Level 2 on the ground. Getting his own horse is not a plan currently, but never say never.

My Journey with a Real Live Cowboy... the Parelli Way



I'd known Eldon since I was in my 20s – he was my dentist and would easily calm my fears as treatments approached. We spoke little of horses, as they were not part of my life until I decided to try before I was too old to sling a leg over the back of a horse. To get me started, he recommended Pat Parelli and his teaching methods as by far the best way to go. Eldon and his family kindly took me into their home and shared their horses. I learned about understanding the nature of a horse and those never-ending knots and ties. Of course I must mention my horse Fancy who took pity on me and didn't kill me through the learning process — to her I am also eternally grateful. Over some ten years we attended several Parelli events and each time came away even more enthused to be even better horse people.

Unbeknownst to us, our horsing days were numbered. Eldon shared with me the shock of his terminal illness. I knew Eldon would appreciate having his certificates framed and I called Ginny Sue. We were in a huge hurry as his illness had progressed much more rapidly than any of us expected. Fortunately, just two days before Eldon died, Ginny Sue got the Parelli presentation delivered to his home in a beautiful frame, for him to enjoy and leave as a permanent legacy to his family.

At his funeral, which naturally was held in a barn, a beautiful horse carriage was strategically placed for all to see as they walked by. Displayed were his saddle, ropes, boots, favorite hat, and his framed Parelli presentation proudly placed in the center for all to recognize his talents as one "real cowboy." It was my good fortune to call him my mentor and friend. Not a ride do I go on that I don't think about Eldon and all the kindness and patience he showed me while going through my Parelli journey. I miss him dearly. In time, I had Ginny Sue create a presentation for my walls as well as a reminder of my horsemanship and my journey of memories made all the better with my buddy Eldon.

Patricia Dalpiaz. Utah, U.S.

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The Last Lonely Barn

by Regina Preciado, California, U.S.

Parelli students know that students should not teach students—that's what teachers are for. But what do you do when people ask you to show them how to "do that natural stuff" with their own horses? These guidelines will help you share Parelli safely and appropriately.

You've been practicing Parelli behind the bushes, hiding your Carrot Stick™ in your pants leg and doing your passenger lessons in the darkest hour of the night, biting your tongue when someone expresses an opinion about your studies. Then one day while you are playing Stick to Me at Liberty in a lush field, another boarder creeps up to the hedge. "Don't tell anyone that I'm asking you this," she whispers. "But ... can I learn that stuff, too?"



Michelle Young of North Lawrence, NY plays with Lola on a 22-foot Line.

You might be tempted to show her all Seven Games while explaining about Horsenality™ and the Eight Responsibilities and the Ten Qualities of a Horseman and the Seven Keys to Success. But to paraphrase Pat, your job is to work on yourself and play with your horse, not to attempt to teach other people what you are learning.

Still, you don't have to put on your best *Schwiegermutter* look and drive people away, especially when they become confident and curious enough to inquire. We asked a Parelli Professional and four Level 3/Level 4 students for the best arrows to pull out of our quivers when we are asked to share Parelli.

Refer to a Professional

"The best thing you can do is offer to help them get in touch with an instructor," says Susan Nelson, a 3-Star

Parelli Professional.

This is not as difficult as it may sound. There are more than two hundred licensed Parelli instructors worldwide, and about a hundred new one-star instructors earned their credentials in the past year. (1-Star instructors are not permitted to charge for lessons, but they are certified to teach Level 1 On Line.)

A professional will be able to adapt an introductory session to the individual horse and human pair. Many instructors travel throughout the year, offering demos, seminars, clinics and private lessons. Nelson's 2010 schedule includes events in Massachusetts, New York, New Jersey, Nevada and California.

"Even if you don't have an instructor nearby, check the website to see when someone is coming through your area," says Nelson.

Wait for the "How...?"

Typically, the curious will ask either a "how" question or a "why" question. How did you teach your horse to back up when you wiggle your finger? Why did you just hit your horse with your orange stick? How can I do what you just did?

This is when you realize that the answers to most questions about horses start with "It depends."

The best thing you can do is offer to help them get in touch with an instructor. There are more than two hundred licensed Parelli instructors worldwide.

"I used to answer a 'why' query with 'There's more than one way to accomplish a task,' hoping not to give the impression that one way is better than another," says Elise Wolf of Virginia Beach, who converted her local pony club to an all-Parelli group a few years ago. "Now I say I do something because it's how another horse would do it."

Good timing is so important that Pat considers it one of the Ten Qualities of a Horseman.

"Whenever anyone learns something new and is enthusiastic about it, there's a tendency to want to convert everyone else," says Richard Robbins, a natural hoof care professional in northern California who spent five years as an assistant to a 3-Star Parelli Professional. "But in Levels 1 and 2 you really don't know where the program is heading. You need to experience the higher levels before you understand the early levels well enough to teach them."



Natural hoof care professional Richard Robbins and Zapper.

Wolf says she now waits for a "how" question before she starts showing or telling someone about the program. At that point she will demonstrate how she asks her horse to do something and may exaggerate her signals enough that the new person can see them.

Use Your Media Savvy

"I try to point people in the direction of the learning materials and tools that will help them better understand Parelli Natural Horsemanship. This is not something that could be taught overnight, and to me it is a lifelong journey of learning and discovery," says Michelle Young, an academic librarian and director who owns Hidden Meadows Natural Horsemanship with her five dogs, three horses and one husband in North Lawrence, New York.

It's handy to keep an extra Get Started DVD around for lending. You can invite the person to watch the Levels pack with you and show him or her around the Savvy Club website. The Parelli website, Linda's blog, Parelli Central's blog, ParelliTube and Parelli on Facebook and Twitter also give a newbie a chance to get to know the personalities of the Parelli team and realize that this is a lifestyle, not a training technique.

You need to experience the higher levels before you understand the early levels well enough to teach them.

Mariah Helms, 18, is enrolled in the fall Fast Track program in Florida and will enter the extern program immediately afterward. Her goal is to be a 5-Star Parelli Professional, and she recognizes that to teach Parelli you need more than horsemanship skills. You need to be a good communicator, a good leader.

"I try to pick up on the person's attitude and give information in a way that the person can understand it, given



Mariah Helms with Sundance—on her way to achieving her goal to becoming a 5-Star Parelli Professional.



Michelle Young and Lola taking a break from playing.

intentions and personality," she says, confessing that she uses the Horsenality™ chart on people. "I try to guide people to the Savvy Club website and talk about what they need to do to succeed with their horses."

I will discuss the need to be engaged with their learning and the time and dedication it would take. Give them the path, but make them walk it.

Young says that she does not show people how to do things, because more often than not, they lack the prerequisites to understand. "I will discuss the need to be engaged with their learning and the time and dedication it would take," she says. "Give them the path, but make them walk it."

Be an Example

Wolf describes an encounter with a workman who came to the barn in his truck. "He said that the horses did not move away from him like 'normal' horses would. And I

said, 'Yeah, we don't have any normal horses out here anymore.'" Wolf continues, "He told me something scary was always happening to his nieces where they went to ride horses, and he suspected we might have the information they were lacking."

You make the biggest difference by being an example.

Wolf gave him a card and an invitation to bring the girls to pony club.

"You make the biggest difference by being an example," says Helms.

Summary

1. Be welcoming, helpful, gracious. Don't push info on them. Wait for them to ask a question.
2. When they ask a question ask them what they mean. Usually the question is not the question! When they restate the question you'll find it's clearer, or that it's not a question at all. Sometimes it's an opinion. Questions start with "How?" "Why" questions are more likely an opinion waiting to surface.
3. Tell them your story—how you got into this, how it's changed things for you and your horse.
4. Tell them you will show them what you do, even the Seven Games. But tell them you are not a teacher, that there's an easy way to get started for just \$25 and that you'd be glad to be their study buddy as they are learning. Refer them to parelli.com or loan them your new Level 1 DVD to give them a taste. Then it's up to them—and don't get pulled into teaching them when they're not making the effort or investment to learn this themselves. 🐾



Pure "Symphony!"

Following My Focus

from Parelli to Pilates and Back

by Chris Gratton, Derbyshire, U.K.

In my forties and having not owned a horse for some years, I decided that I wanted to do dressage, and I bought a completely unsuitable but beautiful mare that I rapidly came to dread riding. She soon came to realise I was not the kind of leader she needed and quickly took charge.

So a couple of months after buying her I gave up all thoughts of dressage and turned in desperation to Parelli. Gradually we made progress, but sadly I lost her two years into our relationship after she became very ill. Shortly afterward I started again with Jazz, a rotund Left-Brain Extrovert bay mare. Fortunately (despite her width), Jazz was substantially more suitable for me, and so—thanks to this and my increased savvy—we started a little more smoothly.

At this point (because it is important to the story) I should mention that I have a herniated disc in my lumbar spine and had suffered with a painful back and sciatica for a number of years. Like many people, I had discovered that it hurts less if you don't move, so I spent a lot of time

not bending, lifting or twisting. As a result of this, and of the fact that I spend eight hours a day, five days a week sitting in front of a computer, I lost my core strength and stability. After this was pointed out to me I started doing exercises at home that helped my back and generally made things a bit better. I was still a long way away from having any kind of core strength, though. I had tried what I thought was Pilates at the local leisure centre and had given it up, as it made my back worse. Of course, there are different flavours of Pilates, and I know now that this definitely wasn't the type I should have been doing.

Jazz and I managed to make progress on the ground, but I always struggled with the riding. In particular, I could *not* get Jazz to follow my focus, despite (thinking





that I was) following the “eyes, belly button, leg, rein/stick” instructions. I puzzled over this for a long time (too long), tried things out, fretted and obsessed. One day I had a light-bulb moment. I tried it out on my husband. Sitting with me on his back and him on his hands and knees, I discovered that he couldn’t follow my focus either. If I couldn’t do it on a human, how could I do it on a horse?

About the time I was struggling with this I was asked if I wanted to go to a class of Pilates for dressage riders (just an hour, no horse needed). What I learned in that class blew me away, particularly when I discovered that I couldn’t lie on my back and move one leg without the whole of my torso wobbling. If I had so little control of my body when lying on the floor, how on earth could I communicate effectively when riding? Was this part of the problem of Jazz’s seeming inability to follow my focus?

The next day I found a level 3 qualified classical Pilates instructor. Over the next twelve months I attended classes regularly and discovered huge benefits. My back problem all but disappeared, my posture improved and I felt generally better. I was so enthused I decided to train as a Pilates teacher. And so before my brain could kick in I parted with a substantial amount of money and signed up for the course.

I think it is important to say here that without Parelli I would never have been able to do this. It took me way

outside my comfort zone, but I hung on to everything I had learned about myself from my Parelli materials, Stephanie’s books and the Labyrinth course. The Pilates training was hard and so far outside my experience that it really tested me, especially teaching something *physical*, which I had never done before. It was like being back at school again.

During the course and for the twelve months afterward I found out many things. I discovered how important good posture is, how this is related to core strength and stability and how important it is to balance and work all the muscles in the body. I discovered that if you don’t have good posture, core stability and body control on the ground, you don’t stand a chance of having it on the horse. I learned many things that I don’t have the space to put here, but most of all I learned that I can move outside my comfort zone and stay there.

Jazz and I have come to a 70% understanding about her following my focus, though with a Right-Brain Introvert riding a Left-Brain Extrovert, the remaining 30% is a work in progress. Everything is so much more interesting than *me*! However, when I stopped wriggling ineffectually about in the saddle in an uncoordinated, jelly-like fashion and learned to control my body and direct my energy properly, there was a huge improvement.

Who knew? 🐾

Horsenality™ and Golf

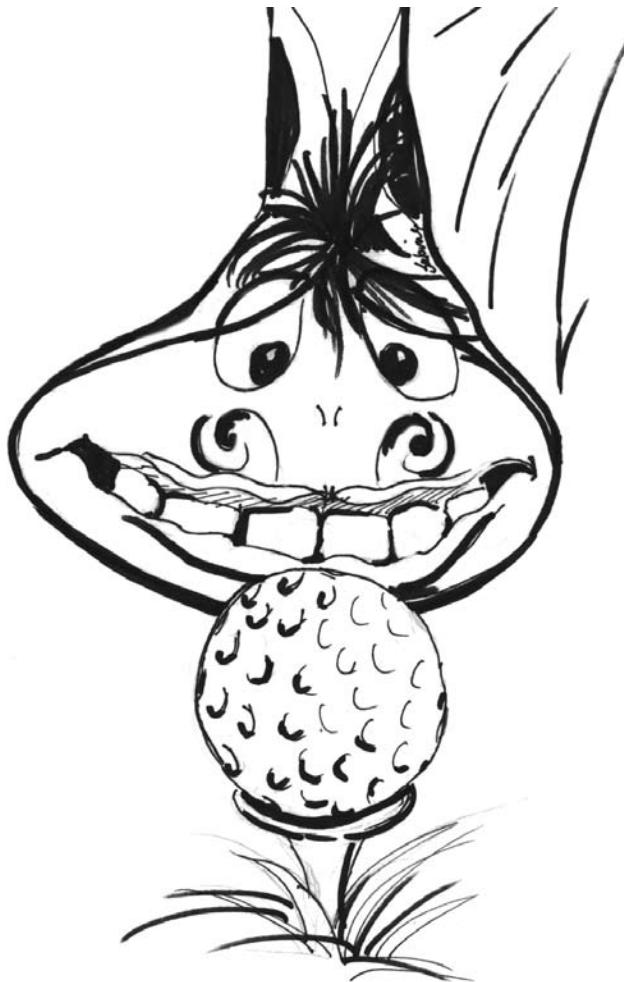
by Larry Metcalf, Missouri, U.S.

Many of us have found that we can apply the Horsenality™ concept to people.

Who doesn't know a Left-Brain Introvert, or perhaps feel like one himself, or maybe a Right-Brain Introvert? Recently I have been exploring the possibility that Horsenality™ may have other applications as well.

For instance, I think I can improve my golf game with a somewhat creative application of the Horsenality™ theory. It seems so logical. I am surprised that I didn't think of it before.

Our herd of horses bears a striking resemblance to the golf clubs in my bag. Our herd consists of a Left-Brain Introvert, three Left-Brain Extroverts, two Right-Brain Extroverts, and a Right-Brain Introvert, and I just realized that the clubs in my golf bag have similar demographics.



I have a Left-Brain Introvert (a putter), eight Left-Brain Extroverts (irons 2 thru 9), two Right-Brain Extroverts (two woods) and two Right-Brain Introverts (two wedges).

Our herd of horses bears a striking resemblance to the golf clubs in my bag.

My woods are Right-Brain Extroverts because of their primal nature. They are pure energy that I try to harness in order to get both distance and accuracy on my drives. If I am successful in controlling that raw energy, I wind up in the fairway with a 300-yard drive. If I don't do a good job of controlling that energy, I wind up in the rough under a tree, much as I do with my horses Sunny and Cargo. Sunny would be the driver; Cargo would be the 3 wood, because he is more easily controlled.

When I get to my drive, usually under a tree, I pull out one of my Left-Brain Extroverts (an iron). Just like Doc or Wendy (both Left-Brain Extroverts), my irons need to be challenged in order to get the most out of them. They're full of energy and are a pleasure to work with if I make full use of their nature. They are my favorites when I am not being too tentative.

After I hit my Left-Brain Extrovert into the sand trap, I pull out my wedge (Right-Brain Introvert). This is where I really begin to have a problem.

After I hit my Left-Brain Extrovert into the sand trap, I pull out my wedge (Right-Brain Introvert). This is where I really begin to have a problem. This club acts like Misty Lou (Right-Brain Introvert). My wedge, also a Right-Brain Introvert, can go catatonic, and I often find my ball still in the sand trap after my first wedge shot. At this point I

usually continue to put too much pressure on my wedge (Right-Brain Introvert), and it explodes out of the trap, 50 feet over the green, a classic Right-Brain Introvert event.

When I finally get on the green I pull out my putter (Left-Brain Introvert), which acts much like Baby Doll (Left-Brain Introvert). It is terribly temperamental. Some-

When I finally get on the green, I pull out my putter (Left-Brain Introvert)...

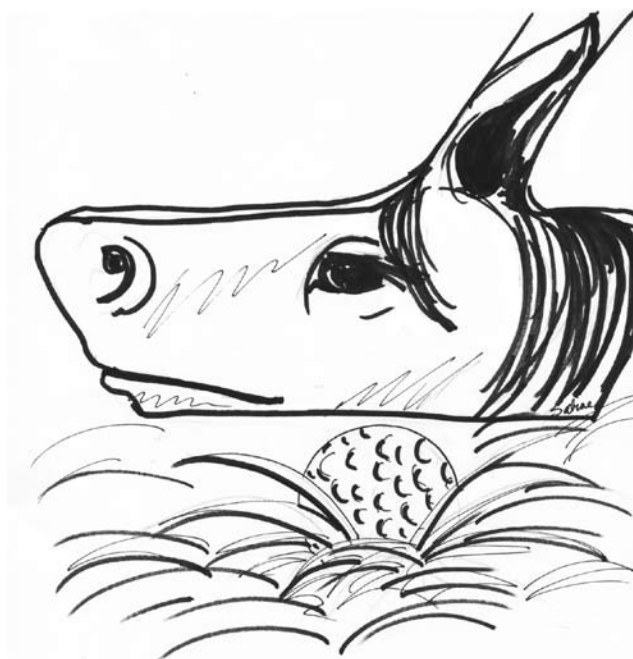
Sometimes it is brilliant, and sometimes the results are downright embarrassing.

times it is brilliant, and sometimes the results are downright embarrassing. Many times I have putted beautifully on the front nine and horribly on the back nine. Thanks to Parelli, I now know that's because I have bored my putter.

So, I am currently devising a strategy to accommodate all of the "golfinalities" in my bag.

Before I tee off, I'm going to get the impulsive energy level of my driver (Right-Brain Extrovert) down to a manageable level by swinging it around (Circling Game) until such time as I feel it is ready to safely climb upon the tee.

When I get to wherever I hit my drive, I will pick out an



iron (Left-Brain Extrovert) and make full use of its exuberant nature by challenging it to go for the flagstick on every approach shot.

When I wind up in the sand trap, I will take the time it takes to allow my wedge (Right-Brain Introvert) to think its way out of the trap. I will take as long as it takes to prevent both catatonia and explosion moments. It saddens me to think how many times I have failed to give my

Thanks to Parelli, I know... I've bored my putter... I am currently devising a strategy to accommodate all the 'golfinalities' in my bag.

Right-Brain Introverts a release from the pressure before I swung the club. And then when I get on the green, which I nearly always eventually do, I will try to engage my putter (Left-Brain Introvert) in the task at hand. No more just stepping up and hitting the ball at the hole before my putter is motivated. I will wait until my putter is ready, motivated and engaged or I won't putt at all.

I really think that by using the same strategy on the golf course that I use with my horses, I will be able to enhance my skills at both endeavors. So if you don't find me at the barn playing with the horses, I may be on the golf course working on my horsemanship skills. 🐾

Junior Savvy

ParelliTube Sensation!

by Sarah Espinoza-Sokal

In March 2010 11-year-old Mel Miller from Australia submitted a beautiful video of herself and her pony, Patch, to ParelliTube. If you haven't seen this video yet, you need to! Mel and Patch have a beautiful relationship—full of savvy, imagination and *fun*! In Parelli Central we were so impressed and inspired that we decided we needed to see more. Fortunately, all we had to do was ask.

If you follow Parelli via Facebook and YouTube, you may have seen our call for videos of people under the age of 18 doing Parelli with horses. We sent it out early in April, and the response blew our socks off! Nearly 50 submissions later, we're practically buried in heart-warming, tear-jerking, laughter-inducing and just-plain-inspiring videos of kids from the age of two (yes, *two*!) to 18.

The results of our April invitation to young Parelli students are a true gold mine for Parelli students of all ages! Don't own a horse? Izzy from the U.K. and Annabel

showed us how much they've achieved with horses they lease or share. Feeling down about winter weather? Amy from Germany and Lina from Sweden will inspire you with their fun-in-the-snow videos. Just plain feeling discouraged or frustrated?

Check out any of these young folks' videos to rekindle the fire in your heart—there are kids all over the world who are getting started in horses with a Parelli foundation. They are our future, and the future is very bright.



photo by Megan McAuliffe, Brumby Design

Mel and Patch are just as "at home" with each other in the arena as they are at home.



Mel Miller and her pony Patch were a hit on ParelliTube with this video.

I know from experience that it's easy to feel alone out there no matter what your age. It's easy to feel disconnected from Pat and Linda and this larger-than-themselves thing they've created that we call Parelli. But just look at the global distribution of the Parelli kids and teens

The results of our April invitation to young Parelli students are a true gold mine for Parelli students of all ages!

who shared their horsemanship with ParelliTube! They come from Australia, the U.K., Germany, Sweden, Belgium, the Dominican Republic, Canada, the Netherlands and all over the U.S. I don't know about you, but that makes me feel the opposite of alone.

If you haven't done so yet, stop by ParelliTube and let these young folks brighten your day. You can find their videos in the "Young Horse Trainers" playlist by typing this address into your web browser: <http://ow.ly/1Xl2n> 🐾



Mel and Linda Parelli enjoy a light moment with a friend in Australia.

photo by Megan McAuliffe, Brumby Design

The actual sounds made by a newborn baby are about survival needs



photo by Katie Drake

...and is expressive of the mitochondrial states. Babies convey 5 such sounds (and more) about...

1. Sleep;
2. Body temperature (wet/hot-cold);
3. Hunger/thirst;
4. Digestion: upper gas; and,
5. Digestion: lower gas.

Even newborns can convey an awareness of what is happening in their bodies. Actually, babies give up trying to communicate because most do not listen to what they are saying.

"I felt so much more confident that I could meet his needs when he was communicating them to me. It empowers you to be the best parent you can be." —Catherine McNiel, mother of Asher – 5 weeks.

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Reflections

on the Horse Behaviour and You Course

by Louise Pell, Herefordshire, U.K.

Taking two weeks out to spend entirely with my horse was my idea of heaven when I booked onto the Horse Behaviour and You course last year. The thought of no distractions and a pure focus on developing my relationship with my horse was a carrot too juicy not to crunch.

I wanted to get inside my horse's mind and develop my own skills. Feeling inadequate to give my horse what she needed was a daily routine. Cara came to me through a succession of owners, having "failed" in their eyes, but I loved her the minute I saw her and knew instinctively she was to be my first horse.

I arrived at the Parelli campus with mixed emotions—fear and excitement. Would my Right-Brain horse be the most extreme horse there? Sometimes leading her into new environments was like flying a kite during a gale and, frankly, scary! What would the expectation be of me as a leader? I decided to swallow the lump in my throat and remembered the 2008 Celebration, where I had been overwhelmed by the beauty and honesty of the horse/human relationships. That was the first time I experienced the Magic (small pun intended) that is Parelli Natural Horsemanship.

The team of instructors were there to welcome and reassure us, helping all they could to get Cara and me a bit more Left-Brain and settled. I gave a huge sigh of relief, knowing that we were in the right place to grow together. I knew that I had embarked on a journey deep into myself, stepping way out of my comfort zone. Let the learning begin!

Carmen Smith, our course leader, gave us three words after welcoming us onto the course. They were "confidence, psychology, patterns." At the time they meant very little, but now, after the course, my interpretation of them is this: My horse and I need to be confident; I need to un-

derstand her psychology; and building positive patterns is the way forward in our relationship.

Looking in depth into the Horsenality™ model for Cara and myself has helped me to understand how our



Parelli UK Instructor Sally Berry emphasizes how important confidence, psychology and patterns are to establishing a relationship between Louise and her horse, Cara.

relationship needs to be balanced and centered for each other. Before I used to have glimpses of communication, and now I can read her a lot better. Where previously I would have a loss of control, now I have gained effective strategies to help her feel safe when she loses confidence. Feeling empowered, I am clearer in my leadership, which is what she craves as a natural follower.

The structure of the course was excellent, with a mixture of classroom, demos and, of course, playing with our horses at focus stations on the Parelli Playground. I found

it great to have the instructors there to support and empower us on our journey. I felt accepted exactly where I was and encouraged to stretch myself a little, too!

As the first week progressed Cara became calmer each day as I relaxed and got more focused, playing On Line and introducing Liberty. I began to see Cara as my mirror; if I was tense and scattered, she soon mirrored my behavior. If I had a strong focus and went slowly, now understanding her to be an unconfident learner, we could achieve the task together—but in her time! She had been trying her socks off for me before, and I couldn't see it! I would go all direct line and blow her up! Now I have learned to wait and wait and wait...and when she asks me a question, move on.

When Cara and I played the Seven Games at home she was often bored, but this had changed, and we are putting them to a purpose in the playground. I need to get creative now, to use everything at my disposal and see it as a potential obstacle for us to navigate.

A highlight of the course for me was beginning with Liberty. I know Pat says, "There is only one thing left when you take off the halter, and that's the truth." Would Cara want to be with me? Or would she walk away? Did my draw match my drive? After preparations On Line I did



A more relaxed Cara begins to enjoy playing On Line as she senses Louise's growing confidence and patience.

take the halter off and was able to ask Cara to disengage and turn and face me and come to me as I walked back. She stayed relaxed and attentive and did all I asked with a beautiful expression. After a session or two more I was able to send her out on a circle and bring her back—pure bliss!

We can't wait to come back next summer and attend another course. A huge thank you from Cara and me. We have grown closer during this time together. 🐾



Empowered and relaxed, Louise encourages Cara to take the first step.



Sweet success! Now that's a partnership in the making!

2010 COURSES



Florida

2-Week Courses:

Horse Behavior and YOU	Feb 14-26
Level 2 BREAKTHRU	Mar 14-26, November 14-26
Confidence TRANSFORMATION	Apr 11-23
Savvy "FINESSE"	Nov 28-Dec. 10

4-Week Courses:

Fast-Track	Feb 1-26, Mar. 1-26, Mar 29-Apr. 23, Nov. 1-26
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Australia

2-Week Courses:

Level 2 BREAKTHRU	Mar 1-12
Savvy "FINESSE"	Mar 15-26
Horse Behavior and YOU	Oct 4-15
Confidence TRANSFORMATION	Oct 18-29



Colorado

2-Week Courses:

Horse Behavior and YOU	Jun 13-25
Level 2 BREAKTHRU	Jul 11-23
Confidence TRANSFORMATION	Aug 8-20
Savvy "FINESSE"	Aug 22-Sept 3

4-Week Courses:

Fast-Track	May 31-Jun 25, Jun 28-Jul 23, Aug 2-27, Aug 30-Sept 24
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United Kingdom

2-Week Courses:

Horse Behavior and YOU	May 10-21
Level 2 BREAKTHRU	May 24-Jun 4, Jul 19-30
Confidence TRANSFORMATION	Jun 7-18
Savvy "FINESSE"	Jun 21-Jul 2, Aug 2-13

"As I reflected back on my course over the weekend, I suddenly realised the power of learning with a group of likeminded people. The simplicity of Pat's program was so evident as it was delivered by our team of international instructors all speaking in one universal language of Love, Language, and Leadership. I will forever remember the 'power of neutral' and to 'expect a lot, accept a little, and reward often.'" —Tony Gooch, Warwickshire



2011 COURSES



Florida

4-Week Courses:

Fast-Track	Feb 14-Mar 11, Mar 12-Apr 15, Oct 31-Nov 25
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Australia

2-Week Courses:

Horse Behavior and YOU	Oct 3-14
Moving into Level 3	Oct 17-28

4-Week Courses:

Fast Track	Feb 28-Mar 25
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Colorado

2-Week Courses:

Horse Behavior and YOU	Jun 6-17
Moving into Level 3	Aug 15-26

4-Week Courses:

Fast Track	Jul 4-29
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United Kingdom

2-Week Courses:

Horse Behavior and YOU	May 9-20
Moving into Level 3	May 23-Jun 3

4-Week Courses:

Fast Track	Jun 6-Jul 1, Aug 8-Sep 2
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Roping in a Parelli Tradition

by Sabine Baeckmann, Parelli Central Team

“One of the first things I learned how to do was one of the very best things.” —Pat Parelli

There’s nothing like tradition. The passing down of a traditional practice or custom empowers one with the values of hard work, craftsmanship, local culture and the feeling of belonging. Here at Parelli, a long-standing tradition has come back home.

Pat Parelli realized early in his life that there was a lot more to horsemanship than riding. He learned how to tie his own leather halter during his high school years.

“One of the first things I learned how to do was one of the very best things,” he says. Pat later took to traveling and conducting clinics all over the country, all the while using his own hand-tied harnesses and leads. It wasn’t long before folks started requesting their own hand-made ropes from Pat.

Top-quality ropes are essential tools in every aspect of natural horsemanship.

When Pat began offering his own ropes to his students officially in 1986, his goal was for them to have the real stuff available for their journeys through natural horsemanship. After all, top-quality ropes are essential tools in every aspect of natural horsemanship. Pat hired three talented rope makers who began crafting the top-notch ropes, and his goal became a reality.

As is often the case, top quality also meant top dollar, and it became apparent that it would be more economical for rope making to be farmed out to a vendor in California. And unfortunately, our three incredible rope makers left with their task. A proud Parelli tradition had left the ranch.

Since that time, Pat’s many accomplishments and his vision of creating a better world for horses and those who love them have helped Parelli Natural Horsemanship grow into a worldwide phenomenon. In addition, Parelli’s online shop has come to offer a great variety of products. Consequently, it seemed natural for the rope-making division to be roped back into the family business.

So about a year ago our original team of talented rope-making craftsmen came back to Parelli in





photos by Coco



Only the Best

Parelli's 12-foot Line has a sturdy swivel snap that prevents the rope from twisting and improves feel. Once you use it, you'll never want to go back to using a regular lead rope.

Pagosa Springs and began enjoying their role in the Parelli tradition they helped to establish years ago.

Pat says, "They just feel like they're part of the family, and we're really tickled to death to have them back."

So, what are the benefits of having rope making back in house?

In-house rope-making gives us more flexibility in testing new ideas and products, and modifying our rope line to meet the needs of our customers.

According to Alain Martignier, Parelli's Operations Manager, "It was just a smart thing to do. First, we've been able to lower our rope prices significantly by eliminating the middleman. We also came to realize that in-house

rope making gives us more flexibility in testing new ideas and products and modifying our rope line to meet the needs of our customers."

Every once and a while, I'll get out about 20 feet of that rope and tie myself a halter just for fun!

Alain further explains, "Not only are our ropes U.S.-made, the are the same top-quality products—if not better—with significant decreases in prices. We're happy to have this all under our own roof again."

We're excited and pleased that not only is the long-standing Parelli rope making tradition back, but so are our three talented craftsmen who are proudly keeping the tradition going.

Once again, Parelli Natural Horsemanship is offering the highest-quality handcrafted ropes, and now they're at the lowest prices ever!

Says Pat, "Every once and a while I'll get out about 20 feet of that rope and tie myself a halter just for fun!"

Keeping the tradition, and keeping it natural. 🐾



Top Quality on the Line

Parelli's rope halters give you the feel you need to communicate effectively with your horse.



*"I only use and recommend
professional grade because
horsemanship is my art."
—Pat Parelli*



I began making my own "natural" equipment in the early 1980s because most horse-training gear is designed for restraint and force rather than teaching. It promotes predatory, hard, quick hands—the opposite of what a sensitive prey animal needs.

All my ropes, reins, halters and sticks have been developed to improve the flow in your handling skills and communication with horses.

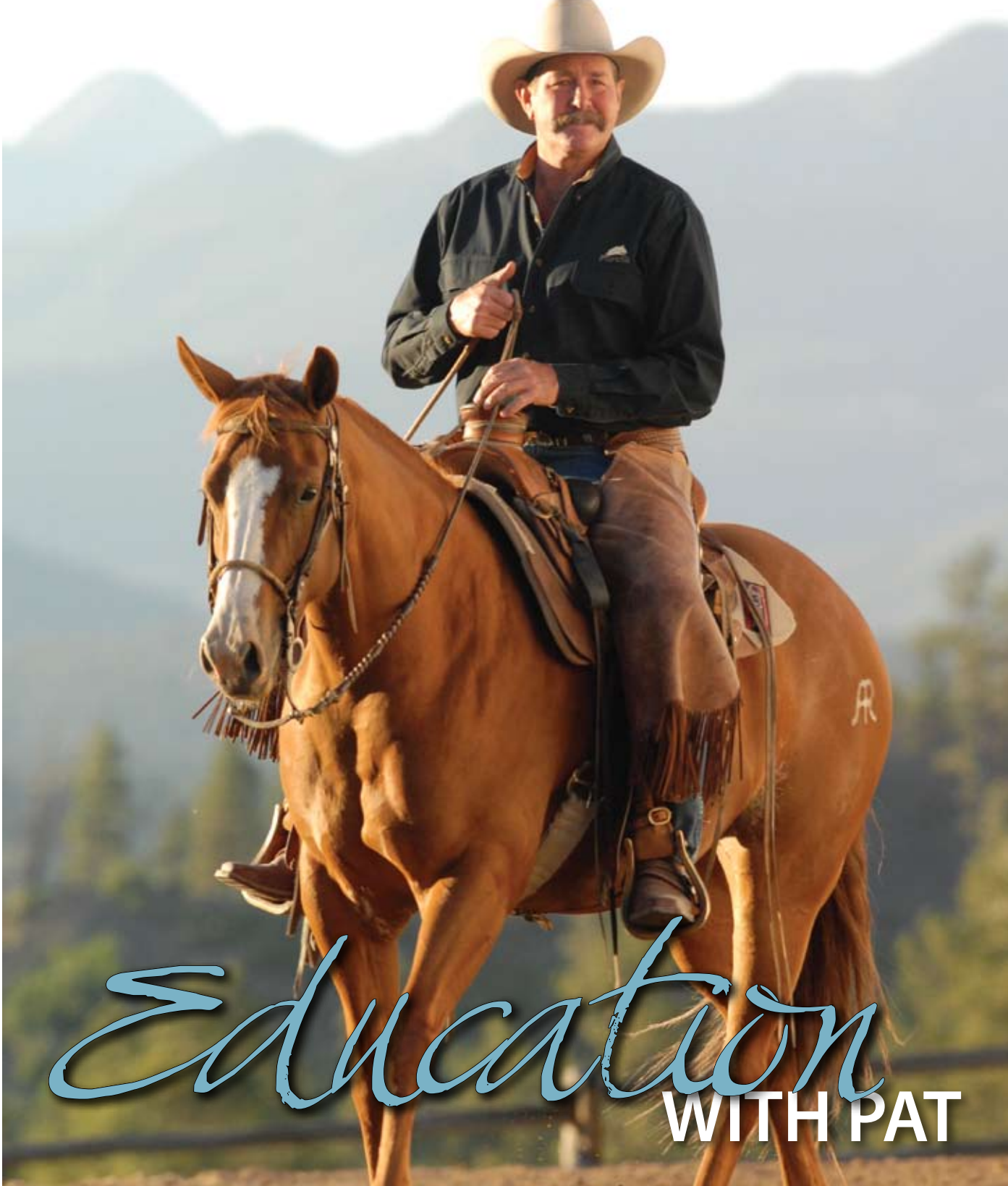
It all supports what I need to teach you about "feel": hands that close slowly and open quickly...it's the release that teaches and the drift that builds confidence.

Professional Grade Equipment available at www.parelli.com

**Horseman's Halter • 12-foot Line • 22-foot Line • 45-foot Line • 6-foot String
Carrot Stick • Horseman's Reins • Finesse Reins • Cradle Bridle • Bareback Pad**



Professional Grade

A man with a mustache, wearing a light-colored cowboy hat, a dark long-sleeved shirt, and brown leather chaps, is riding a chestnut-colored horse. The horse has a white blaze on its face and a small white 'R' on its hindquarters. The background shows a hazy mountain range under a bright sky. The text 'Education' is written in a large, blue, cursive font across the lower half of the image, and 'WITH PAT' is written in a smaller, white, sans-serif font below it.

Education

WITH PAT

A Parelli Perspective on Teaching

Lessons from the Mastery Program

by Sarah Espinoza-Sokal

I don't know about you, but in my nearly eight years as a Parelli student, I've been awed many times over by the teaching prowess of Parelli Professionals. Between clinics, camps, on-campus courses and video coaching, I can sincerely say that my encounters with Parelli Professionals have transformed my horsemanship and changed my life. Read on to gain more insight on the Parelli approach to teaching.



photos by Coco

When the opportunity arose to interview the faculty leader and head of on-campus education, 4-Star Parelli Professional John Baar, about the Parelli approach to teaching, I was thrilled. Who better to shed light on the teaching philosophy that is helping people worldwide to live their dream with horses?

I asked John to summarize his path with Parelli first.

John: My Parelli pathway started in November of 1999 when I got my first VHS tape of Pat Parelli and the Seven Games. That tape helped me get a lot of success with my horse. Then in December 1999 the original Levels packs came out, and that's when I started to really check into the Parelli program. What got me really interested in it was that Pat had a clear pathway and instructors, which told me that he could teach people how to teach his program because it wasn't just centered around Pat. I knew right then I wanted to be a Parelli Professional one day.

In 2003 I came to the campus for a ten-week school. Since then I've taken a couple of schools and a couple of University modules, and now I've been on faculty for five years. I've been leading the faculty for three and a half years now, and I travel between the Colorado campus and the Florida campus. Currently my position is head of faculty and on-campus education. So I teach horsemanship and teachermanship to the externs, and I also lead the Fast Track course.

What are the primary qualities of a good teacher?

John: The first quality of a really good teacher is passion—you have to *want* to be a teacher. That may seem self-evident, but a lot of people think becoming an instructor is just the next part of the pathway after they get into Levels 3 and 4. If people are not someone's passion, though—if the person is dedicated to his or her own horsemanship but doesn't really want to teach—what he or she thinks is a dream will become a nightmare. A great teacher is the one who gets really excited about seeing somebody else's success. It's about seeing other people grow and change and stretching them to be the best people that they can be. It can't be about your own ego, because if you teach to make yourself feel good or to hear yourself talk, it will never serve the student. You have to be willing to look silly at times, to be open to learning yourself. It's really important to remember we're all on this journey together. As a teacher, you're just facilitating somebody through part of their path.





Baar strives to empower his students with a hands-on learning strategy.

How is teaching people different than teaching horses?

John: Although we follow the same concepts when teaching horses and having a solid foundation in the Parelli principles will set an inexperienced teacher up for success, teaching people is almost always more challenging. Horses are incredibly honest creatures, and they give you the feedback you need instantly—whether it makes us happy or not. The horse is always going to be honest with us right in that moment, and people aren't necessarily the same. People are afraid to look silly, worry when they don't understand something and don't want to hurt someone else's feelings. Sometimes we're too direct, and sometimes we're not direct enough. So people often offer a much more complex challenge than horses.

Can you elaborate on how the Parelli approach to teaching people is different or the same as the Parelli approach to horsemanship?

John: The Parelli approach to teaching is a natural extension of Parelli's horsemanship program. Pat often says to watch what everybody else is doing and do the opposite, and our teaching system is the opposite of a typical education environment in a lot of ways. As with our horses, we strive to empower people with a more hands-on, problem-based learning strategy. The truth is, the more problems a student experiences, the more she's going to learn. When a student has had a problem and she's experimented with things and gone down every avenue possible, and then she finally finds the answer—that's when that person can really feel empowered. We don't just feed people answers; we teach them how to think, to become puzzle solvers.

Having instructors along the way to facilitate a student through a tough situation definitely helps a lot, but as a student, you still have to go through the trials and tribulations yourself. You must be able to experience the frustrations and have the time and patience just to hang in there and get the feeling for yourself. That's the Parelli philosophy on educating, and what some new teachers really struggle with is not wanting a student to get frustrated with them or to feel uncomfortable. As teachers, they feel they should make their students happy—and that's the end goal—but you can't rob the student of her journey. When teaching someone to teach, you have to help them allow their students to have that experience. It's one of the hardest things to get a feel for—when to step in and offer a little more information, when to interrupt a pattern, or when to just step back a little bit and give the student space to experiment.

What other challenges do teachers face on their journeys?

John: Well, one of the hardest things for me to learn as a teacher was that it's okay for a student to be exactly where she is on her journey. Pat often says you've got to teach people at their level, not at your level. Oftentimes, teachers will teach what they've just learned, or whatever the first thing in their head is, but that doesn't allow you to meet a student where she's at. If you have a young teacher that's been around horses for a long time, has a high level of savvy, is doing clinics and colt-starting and has taught a lot of people, that teacher has got to remember to have tolerance for those that haven't learned the basics yet, or may not have the natural skills or the raw

talent to keep up with the teacher. If the teacher can't learn to adapt to those folks, he's going to go through a lot of students.

In a similar vein, it's critical to learn not to overload a student with information, rather to share the one or two most important things that will really help them. Of course, you also don't want to give one or two things that aren't the most important, helpful tips you could provide. So teachers have to be able to look at the horse and then the human and ask themselves, "What does that horse need, and then what does that human need? What's the most important thing I could have that human do that will also help that horse?" That's a constant journey—a constant puzzle for teachers to solve.

What is most rewarding to you as a teacher?

John: The times I really enjoy are when I've challenged a student and, in the back of my mind, I've been a little unsure about whether it was too much for them or not. When I've allowed the time for that student to keep trying it and just hung in there with them, and then seen that it did work out and they got that success themselves, it's a really good thing.

As head of faculty and education on campus, the thing that I've probably enjoyed the most, though, is getting

the opportunity to see a lot of students who are now Parelli Professionals from the time they first came to the Parelli campus. Some of the people that were coming through courses during my first or second year on faculty are now instructors, and it's great to see how much they've progressed with their horsemanship, and now they're learning to be skilled teachers, too. It's really rewarding for me to be a part of that.

What's the most important thing I could have that human do that will also help that horse? That's a constant journey – a constant puzzle for teachers to solve.

What are your plans for the future?

John: My wife Kathy (also a 4-Star Parelli Professional and member of the faculty) and I will be heading out into the field in 2011 to teach the Parelli message. We're looking forward to sharing the knowledge a combined ten years of teaching experience on campus has given us in clinics, lessons, camps, etc. We'll be based out of our own farm in Kentucky, but we set no boundaries on where we will travel to help Linda and Pat change the world for horses and humans. 🐾



It was really the missing piece for us.

The Cradle Bridle is revolutionary. I bought one for Maggie, my willful Left-Brain Introvert Swedish Warmblood mare, but was very hesitant about using it. I was afraid that she might just rip it off and stomp it on the ground or something. Anyway, when I began to put it on she immediately jerked her head up, but I got it on her after a little approach and retreat. When she finally took it in her mouth she immediately relaxed and dropped her head to my knees, and I easily put the headpiece over her ears (a first). To be honest, I haven't used the snaffle on her in over a year because she was so awful in it. I played with her on the ground in the Cradle, and she was completely relaxed and accepting of it. Ordinarily, when I get on her she turns to the right and looks at me as if she is sticking her tongue out at me, and sometimes she acts as though she is going to bite. She didn't do that at all this time. Her head was dropped, and she was relaxed.

I rode her in it, and she was amazing. Two of my students were there and saw me ask her up into the canter, and I thought that she was getting ready to buck the whole time, but she was actually just very round and collected (I have never felt that much collection before). I have been working a lot on collection On Line, at Liberty and while riding but never had that much success riding her. It was really the missing piece for us. I thought she was pretty powerful before, but wow! She even offered a passage while I was riding her. When I took the saddle off I noticed that her sweat pattern was completely even, whereas before she typically had a little dry spot on her left shoulder. I think that was because she was not completely using herself, and the bridle has allowed her to do that by helping her collect herself that bit more. All of my students are really excited about the Cradle as well. I had a student try it in her lesson yesterday, and her crabby Left-Brain horse was completely different—soft and forward, no resistance. —Kelly

For more information visit www.parelli.com



Big Rings give you more direct contact with the bit.



Small Rings reduce the direct contact of the bit and engage the noseband more.

Your horse will tell you which ring position he prefers (Big or Small Rings), and it's easy to switch from one ring to the other as you experiment or the situation changes.

Cradle Bridle

Pat's Journey

Three-Part Harmony

The possibilities of multi-part harmonies are endless when you use savvy to find synchronicity.



In 1985 I was doing a clinic in Southern California, and I gave a challenge to all my students to try to do what I was doing, which was what I called three-part harmony. When you play with a horse or ride a horse, it should be two-part harmony—you and the horse. As I started doing more and more clinics and finding it necessary to maximize my time by getting more than one horse developed and exercised at once, though, I started playing with riding one and playing with another. Then pretty soon I started playing with two horses On Line, playing with four horses On Line. Eventually I ended up playing the Circling Game with as many as eight horses On Line at one time. What I found out is that if horses truly act like your partners and they really start thinking about synchronizing mentally, emotionally and physically with you just as

they did with their mothers, then whether it's a two-part harmony, three-part harmony or more, things just tend to come naturally.

One of the things that's really important to realize is that horses have bilateral vision, which means they see things differently out of each eye. When you're playing with a horse, it's important for you to get your horse where you can play with him equally from both sides. One of the advantages of playing with a horse from the back of another horse is that the horse gets to see you not only in Zone 3 or at his side from both sides; he gets to see you from above in almost exactly the riding position. So I'd often find myself playing with a young colt that hadn't really been ridden yet, getting him used to seeing me up there before I actually got in the saddle.

If you're going to start attempting three-part harmony, make sure that you and each one of those horses have already got two-part harmony. In other words, don't try to mix and match horses that know and don't know. Try to get each horse to a level somewhere between Level 3++ and Level 5 on the ground before you start playing with them together.

The other thing to keep in mind is that horses have their own pecking order, and you might be alpha, but one of the other ones is going to be beta and the third one is going to be third in line. You have to keep track of that so you'll know how best to manage the situation. Finally, stay in an area where, if things don't go well and someone gets loose, it's no big deal—just start again. And remember, On Line leads to Liberty!



The possibilities of multi-part harmonies are endless as long as you understand what it is you're trying to do. You're trying to get your horses synchronized with you mentally, emotional and physically. Keep that in mind as your goal, and you'll be moving in the right direction. 🐾



Peppy's Journey

Playing with Stallions

by Pat Parelli

People make choices to keep horses as stallions less and less these days, but many people still keep their young horses stallions for the wrong reasons. Playing with a stallion can easily end up being one of the most perilous challenges you've ever undertaken.

I found out early in my career that mules are just like horses, but more so. If you really want a challenge, get a mule. Beyond that, playing with a stallion can easily end up being one of the most perilous challenges you've ever undertaken. That said, every horse—even a stallion—has his own Horsenality™ based on innate characteristics, learned behavior, environmental influences and spirit, and stallions are often the most misunderstood horses that we have.

Let's start at the beginning—innate characteristics. First of all, some horses have low libido, some horses have a high libido, some horses have it in the middle. That makes a huge difference. Genetically speaking, a lot of the Iberian horses, such as Andalusians and Lusitanos, are fairly low-libido horses. I've been to Iberian horse events where there are over 200 stallions in one setting, 30 or 40 of them being ridden right next to each other in a parade, a quadrille or even in a halter class, and they hardly ever make a peep. This is because over the last 500 years they've created a genetic disposition for not being the raging stallion that we often see in other worlds.

Libido has a lot to do not only with breeding, but also with the instinct to prevail in dominance games. In a wild herd of horses, females will join together into a band of mares with one alpha stallion. Other young stallions will create a bachelor herd, and they will then fight for supremacy among themselves for a chance to try to push the older stallions out of their herd. Just remember: It's innate in all of our horses to play dominance games with each other—not only for food and water, but for the right to breed first. The alpha mare will breed first. The alpha stallion gets to breed them all.



Pat and Peppy

photos by Loco

The next part of the stallion's Horsenality™ is learned behavior. Many stallions end up being unbalanced because they are taken out of a herd situation at a young age. As young colts and even young stallions, they need a chance to be picked on by the older mares and learn good social behavior before they get kicked out of the mare herd. I often say every good horse had a good dam and every good mom raised a good man; that's especially true for a young stallion.

The next thing to keep in mind is environmental influences. The young stallion is frequently taken out of balance, out of nature, put in a stable and not allowed to interact with other young colts. Usually he's a top-quality horse—that's why he's been selected to stay a stallion—so nobody wants him to get nicked or cut or beat up or hurt. So now the physical part is kind of taken care of in some sense, but the mental and emotional and the socialization behavior get out of balance very quickly. Then, whenever the horse acts like a stallion and nickers at mares or shows any stallion behavior, he gets reprimanded. That can lead to perverted sexual behavior, mostly because the horse has never had a chance to really mix it up with other young horses and live in a natural social environment.

Finally, the amount of spirit a stallion has is a big factor. Once you've got the interesting and unique mix that creates his Horsenality™, you add one other ingredient: familiarity. We all have heard that familiarity breeds contempt. Most humans who handle young stallions end up being quick to punish, because stallions are often very forward in their approach to other animals, including humans. Pretty soon, however, the stallion starts saying, "Okay, I get it—you're not gonna hurt me; it's kind of like you're one of the herd playing dominance games." He doesn't have a whole lot of respect for the human, because playing rough with other stallions and



Pat and Casper

seeking dominance is his natural tendency. Then, as soon as there's a lot of estrogen in the air and somebody gets mixed up in a courtship that seems obvious to the stallion and is invisible to most humans, danger can strike.

People make choices to keep horses as stallions less and less these days, but many people still keep their young horses stallions for the wrong reasons. They may do it from an ego point of view or some kind of sentimentalism: "I don't want to castrate him; I've raised him, he's my baby . . ." and such things. Today, when the semen of the very best stallions in the world can be shipped across the globe, there is no reason for most people to own a stallion. Remember, each stallion produces millions of opportunities to create foals.

Knowing all that, the bottom line is that what most people have with their stallions is a cross between Russian roulette and playing with a pet rattlesnake. So if you want to know what I do when I'm playing with my stallions, I think it's a little bit like Cesar Millan says: exercise, discipline, then affection. My suggestion to most folks, however, is: Castrate them, in the first two weeks of life. That's what I do. They grow up to be bigger, stronger, better-looking geldings, and it's better to be a great gelding than an okay stallion. 🐾

Parelli Essentials

Before... After

Having had so many comments about how different my horse Allure looks these days, I thought it was about time to show the before and after transformation of his physical health.

The 'before' is from five years ago when I first got him. Notice that Allure's mane is coarse, dry and frizzy, and quite bleached out. His coat is an odd orangey-brown-red and he would bleach blond in the summer.

Some of you may also notice the bulge at his throat, this is an enlarged thyroid gland (goiter) and is a contributor to some of his extreme behavior.

The 'after' photo was taken at the 2007 Savvy Conference last September. As you can see his color has changed dramatically and the goiter is virtually gone. His coat is soft and shiny all year long (even winter) and his mane is almost straight.

When I first got Allure we didn't have Essentials. He was on vitamins, minerals and our feeding program. But when I started him on Essentials about 18 months later I saw changes within a week and every year he just looks and feels better and better. This summer he only had a few bleached hairs on his shoulders and tail instead of over his whole body, and his hormonal stability has also changed. This amazing formula of amino acids and herbs is alchemy at its finest. (By the way, Essentials was formulated by the same man who inspired my research on Horsenality.)

Essentials makes you realize that it's not about the nutrition... unless you can utilize those nutrients! Make sure your horse is able to digest the nutrients you're giving him. Learn about the Parelli feeding program by using the Savvy Club website search.

Essentials - way more than a supplement.

Late last spring we adopted a rescue horse we named Champ. Champ is a handsome Saddlebred who had been neglected and starved prior to being rescued. Coming as he did from such a horrible experience, he had a coarse, dry coat of a funny, washed-out orange color. His mane and tail were coarse, dry and brittle. His hooves were in really bad shape and, besides not having been trimmed very well, they had the telltale markings of an animal that was starving.

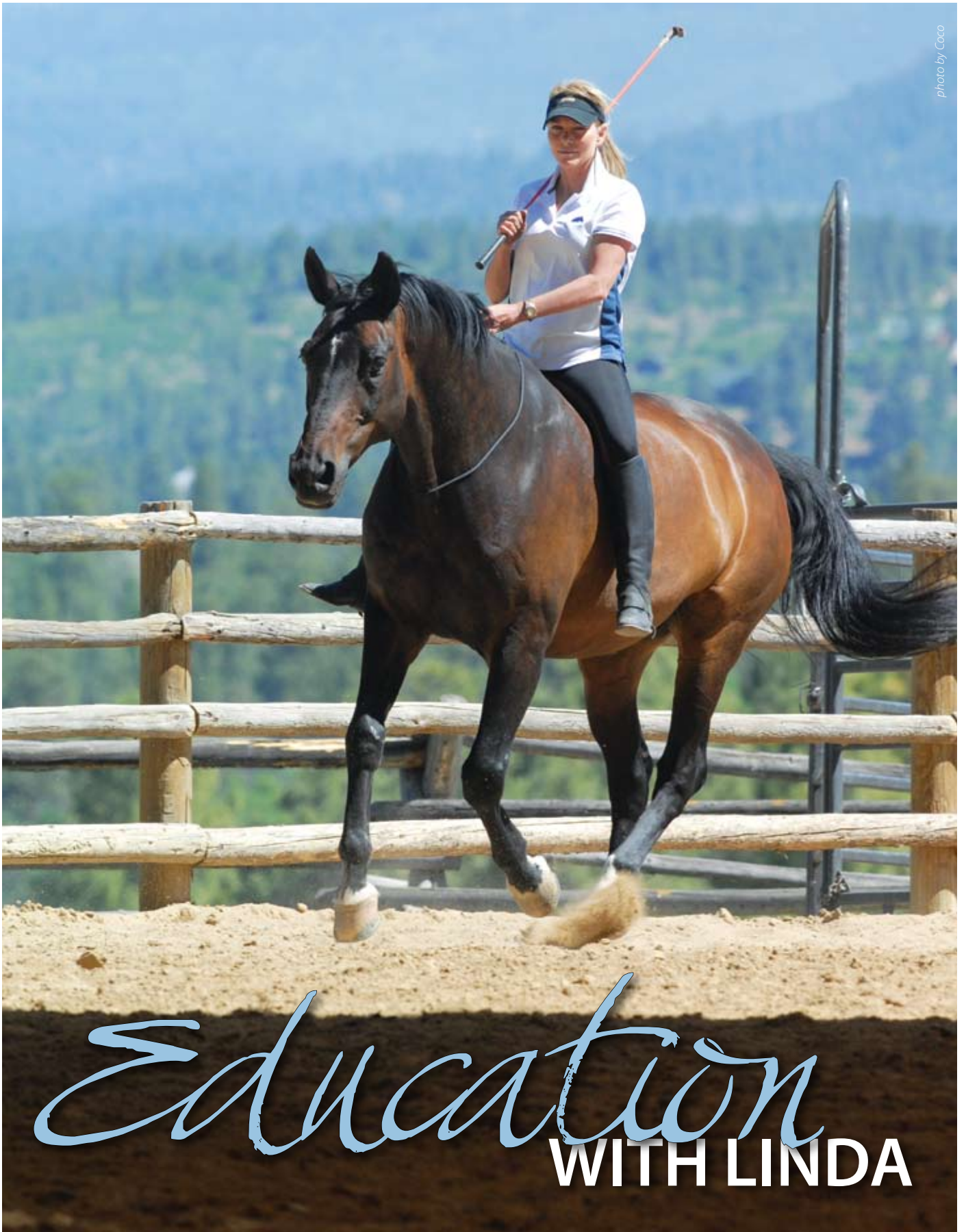
After we had his teeth floated and added Essentials to his grain mixture, Champ is like a new horse! His coat has turned a magnificent color of red and is soft to the touch. His mane and tail are also tame! The flaring of his hooves has stopped, and they are looking very healthy. We sometimes turn him out in the big arena at the barn where he is being boarded, and he loves to run and prance, tossing his head and kicking up his heels! He has beautiful feet and sometimes leaps in the air like a deer. At 16.2 he is so graceful; it is just amazing to watch him.

Champ and I cannot thank you enough for this product. He's a whole different horse in less than one year! —Jeri, Eddie and Champ



BEFORE:
Allure in 2003

AFTER:
Allure in 2007



Education

WITH LINDA

Horsenality™ Savvy

On the Parelli Patterns by Linda Parelli

The Parelli Patterns are a great way to help your horse progress your horse mentally, emotionally and physically—they are the perfect exercise and development program.

Because a horse learns patterns easily, he will start to know what to do and even begin to take more responsibility as a partner and focus on doing the pattern himself.

It's important to know that for your horse to learn a Pattern you need to do it every day (or every time you play), seven times in a row. Repetition is a vital piece of the puzzle.

Make a plan to do each of the Patterns as a "program," seven times in a row, then every other day for a couple of weeks. After that you can do them once in a while and enjoy yourself because you'll feel that your horse really knows them.

When to Add a New Pattern

After four times on one Pattern, you will be ready to add a new Pattern. You will end up working on two or three Patterns at the same time, on the ground and/or riding. But at first, do one. Then after four times start another one, and after four times with the second one you can add another, and so on.

In this way you'll be playing with at least two Patterns on a consistent basis, which keeps things interesting for your sessions. Later on you can do any Pattern you feel will be the most valuable that day, or for what is needed right now.

Use the Patterns as your warm-up exercises before teaching your horse a new task or going on a trail ride. It will get your horse mentally, emotionally and physically prepared.

Remember: The Parelli Patterns are Pat's secret for developing his own horses. He doesn't just go play or just ride. He has a plan with both short- and long-term goals.



Extrovert and Introvert Savvy on the Patterns

Here are some examples for you to consider.

Touch It

Extroverts love this game because it gets them to go somewhere, but you'll find that they pick up speed easily. Rather than hold them back, try to keep Zone 1 lined up with the target. This will automatically help them regulate their speed.

Introverts benefit hugely from this game. It builds confidence (for Right-Brain Introverts) and motivation (for Left-Brain Introverts). Don't ask for speed; allow it to develop.

Figure 8

Extroverts will need smaller, rounder circles in the 8s.

Introverts will need an elongated Figure 8 and to have the markers spaced wider apart. On the ground you can also play tag after they pass through the middle, as in the video clip. This helps make it more of a game, which is more motivating and fun for your horse—plus it gets him to think about the "allow" being his responsibility instead of you constantly asking him to keep moving (which is really a Driving Game!).



Weave

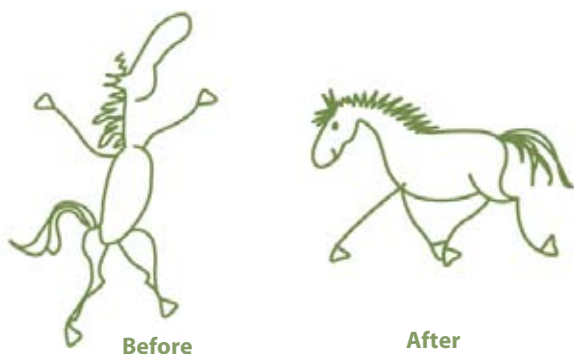
Extroverts will need you to take it more slowly so they can make the turns. Do a lot at the walk.

Introverts will need you to do less, with lower phases, and expect them to think more. A rest at each end will motivate them well at first, or combine the weave with a little trek around the arena or field in between.

Circles

Extroverts learn a lot from traveling circles because they have to move and stay focused, and they get variety. They may try to change direction a lot because their adrenaline gets up, but don't make a big deal about it; simply encourage them to go the other way. Pretty soon they'll maintain gait and direction because they're more confident and focused.

Introverts—Left-Brain Introverts tend to find traveling circles a lot more interesting, but be careful that you don't just do these and forget the value of teaching your horse to hold up his responsibility on the static circle!



Follow the Rail

Extroverts will need you to do small circles if they start getting too fast. That's much better than holding them back and trying to stay slow, because that makes them claustrophobic and more impulsive.

Introverts will need you to allow them to break gait before asking them to regain it. Don't try to prevent it—hold him responsible!

A Million Transitions

Extroverts will need to do a transition every time they think about getting faster. Use one rein and do it smoothly and effectively (don't pull or be rough), and also use partial disengagements to relieve tension.

Introverts will need you to ask for a downward transition *before* they think of it. This is a key to keeping it interesting and getting to their minds. Do *not* wait until they break gait or try to prevent it; you'll end up working harder and getting frustrated.

Clover Leaf

Extroverts—Smaller is better at first; otherwise they can build up too much speed. Be very particular about your turns, too, going high in the corners. That will help with

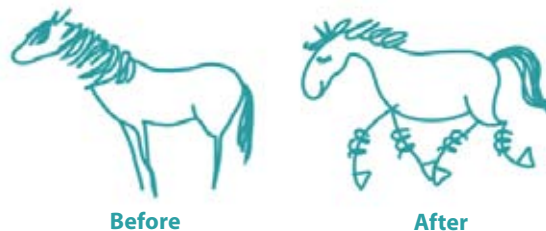
control, because it gets your horse more focused—and being particular without being critical builds respect.

Introverts—For Left-Brain Introverts, the bigger, the better—and once you are both familiar with the pattern, spice it up by asking him to go faster through the middle. Right-Brain Introverts are better on smaller patterns, and as they become more confident they can get larger (on a different day, of course).

180s

Extroverts—More frequent changes of direction are better at first. It helps you quickly get focus and control. As they get steadier, you can then lengthen the space between changes more and more. For Left-Brain Extroverts, think about having more variety—some close ones, then some with more distance.

Introverts—Left-Brain Introverts need a lot of variety. Keep them guessing as to when you are going to ask for the 180. Right-Brain Introverts need more predictable consistency, especially at first.



Bullseye

Extroverts—The faster they want to go, the smaller you should make the circle. Stay on the circle until they really want to go to the center. If you go there too soon, you may find they cannot stand still. The longer it took to get there, the longer you should stay.

Introverts—Right-Brain Introverts love circles; they are very calming. Small to medium-size is best at first, progressing to larger ones as the horse gets more confident. You can even switch between smaller and larger in the same session; it's a kind of approach and retreat. Left-Brain Introverts can have a lot of trouble with this Pattern—that's why we don't do them until Level 3. And make them *very* large, or do only a few. You may find that they quickly learn that going to the middle is the goal, so if that becomes too strong, mix it up a bit and stop him out on the circle to balance the tendency and keep him guessing. 🐾

Are you the Minister of No, or the Ambassador of Yes?

by Linda Parelli

The attitude toward the horse is what distinguishes the Parelli way. Anyone can make a horse do something, but the real art of horsemanship is getting the horse to want to do it for you.

Parelli starts with the premise that the horse is perfect, and that it is I who must change my approach in order to get the horse to want to be with me, to play with me, to learn from me and to have the confidence to do amazing and “unnatural” things for a prey animal, such as getting in a trailer!

Next, we believe the horse is always right. If he did something I didn’t want or I thought I didn’t ask for, the first thing I have to question is myself: Was I clear? Did he understand what I asked for? Was the horse expecting something different? Was he scared of me?

Pat says it beautifully: “Horse are just like computers—they do exactly what you tell them to do (knowingly or not) or what they’ve been programmed to do (by mother nature or by repetition).” If we can understand that we are part of the problem, it means that with a bit more awareness and education, we can be part of the solution.

It’s easy to think that the horse is deliberately defying us, but I hope that after you’ve read this article you’ll have

a sense of how we humans actually set up the problems but usually have no idea that we did!

The Minister of No!

Through the Eight Principles of Natural Horsemanship we learn that our key horsemanship goal is to override predatory tendencies like being direct-line about what we want, thinking like a human instead of a horse, and as a result becoming better at communication rather than just ordering horses around. We learn to listen to horses, read their body language and their feedback, become more patient and better leaders. Level by level, our timing gets better, and so does our planning to set things up for success.

What we tend not to realize, though, is how often we say “No!” For example, as soon as you stop your horse from doing something—anything—you are saying “no,” and as a result, horses can get more resistant and argumentative (or afraid).



When your horse wants to run, encourage it!



Things get calmer quickly.

photos by Megan McAuliffe, Brumby Design

Think about it: How many times can you catch yourself saying “no” to your horse? Do you find yourself tugging on the rope or the rein, or using your legs or stick every time he wants to:

- Eat grass without permission
- Go in a different direction
- Slow down
- Speed up
- Look over there
- Call to his mates
- Spook
- Strain against you when you lead him
- Move when you don’t want him to

“No” is an automatic reaction from us predators—we have an expectation of how our horse should behave, and when he does something else, we say “no”—sometimes quietly, and at other times going up the phases to tell our horses that “no means no!”

Not only is it as unsettling for horses as it is for us when someone says “no” to us, it can provoke additional problems, because your horse will start saying “no” back to you.

You may have heard Pat talk about becoming the “Ambassador of Yes” for your horse, so in this article we’re going to explore what that might mean and how to do it.

Why “No” Doesn’t Work

“No” immediately sets things up to be negative. Think about how you feel when someone says “no” to you. Little kids are a great example, because they don’t hold back their feelings—they feel wrong, get upset, argue with you, (*Why? Why? Why? But why?*) or ignore you and do it anyway!

Horses are similar, and if you think about a horse as having an individual Horsenality™, you’ll start to see some interesting patterns.

Left-Brain horses are going to argue with you.

- The *Introvers* will use passive resistance and do it anyway. Think about the horse that just keeps on eating the grass while you struggle in vain to get his head up. Or what about the horse that won’t go faster than a trot on the circle, almost no matter what you do?
- The *Extrovers* will do it openly and with gusto. A fight is easy to get into with a Left-Brain Extrovert because it’s a chance to play dominance games with you. Think about the horse that mischievously drags you

Jenny’s Left-Brain Extrovert mare would throw fits when being ridden. She was so dramatic about it that Jenny thought she was going Right-Brain, and as a result they were making very little progress under saddle, despite being quite accomplished on the ground. Jenny sought my help, and as I watched I could see that this was not fearful Right-Brain behavior. It was a Left-Brain tantrum because Jenny was saying “no.” And it didn’t take much.

When Jenny mounted up and started walking down the arena, the mare wanted to veer off, and Jenny gently corrected her with the reins and said, “No, we’re going straight.” That’s all it took, and the mare erupted! So I urged Jenny to try something different: encourage it! “You want to go over there? Me too! You want to go sideways instead of straight? Me too!” In less than five minutes, not only was her mare walking around quietly, but it was the end of the fuss. She happily allowed Jenny to guide her wherever she wanted.

Okay, now what about the canter? Apparently she would buck explosively within a few strides. I didn’t want to see how Jenny was going to survive that, so I told her to walk along the rail and do trot-walk transitions using partial disengagement. About ten minutes later canter-walk transitions were working beautifully. I told Jenny to canter only a couple of strides and quit while the going was good. Make the downward transition sooner and wait for the upward transition until the horse was walking nice and relaxed; take as long as necessary, but keep holding the partial disengagement. When she relaxed, Jenny was to release into the canter again. By doing a million transitions like this, the negative pattern was replaced by a positive one. Every downward transition took away tension and trained in relaxation. Jenny became the Ambassador of Yes in her horse’s eyes.

Just two months later Jenny sent me a video clip of her cantering and doing simple lead changes around a big arena using a Carrot Stick™ to direct the mare and not even touching the reins. Hmmm. How interesting!

where he wants to go, or times his nip a little better next time, or throws a tantrum because he can't get his own way!

Right-Brain horses are going to lose confidence.

- The *Introverts* will lose what little fragile confidence they have and retreat into their shells, hiding from you and shutting you out. They get too scared to do anything because they don't want to be wrong and are ready to get upset at the slightest thing. Everything feels threatening to them; just being asked to do something feels pushy and aggressive and can provoke a crabby expression.
- The *Extroverts* just storm out! Loss of confidence escalates into full-blown fear for their safety, and they gotta get outta there. This is what is behind Right-Brain Extroverts bolting or pulling away from you in terror, straining against the halter and lead rope and spooking at everything.

Do You Know When You are Saying "No"?

It's easy to recognize that you're saying "no" when pulling on the rope or the reins to stop your horse from going faster than you want, but there are many other situations in which your horse can feel negated or opposed. For example, when a horse doesn't want to go through a gate, over a creek, over a jump or into a trailer, you might think you're just trying to get them to do something. But from the horse's point of view, it feels like we're saying, "No, don't back away—you have to do it."

This, more than anything, is the reason we have more problems than we should. We are not only dealing with a lack of confidence in the task at hand, we've also got resistance problems from our horses. We're bringing up fight-or-flight reactions because we're acting like the Minister of No!

Something to start becoming aware of is how often you unconsciously say "no" to your horse and don't even realize it. Once you're aware, you can change.

How to Say "Yes" More Often

You may be wondering where you might end up if you always say "yes" to your horse. It's not that you are now going to let your horse do whatever he wants; you're going to be better at using reverse psychology to get your horse to *want* to do it for you. Reverse psychology is doing the opposite of what the horse expects. You'll be amazed at how much more effective that's going to

be with your horse. It will end the battles and bad feelings on both sides, and life together will get much more harmonious. Here are some examples of what to do and why that works.

1. Go with it

This is a martial arts concept. Rather than resisting and colliding with your horse's energy, you take the energy and go with it, shaping it in the direction in which it was wanting to go. Let's say your horse tends to pull away when being led or playing On Line (this is common for Right-Brain Introverts when they blow up). Everything seems to be going along just fine, and the next thing you know, your horse has pulled away. Unlike with extroverts, this comes almost without warning—until you realize how you might have actually set it up for exactly that to happen.

The Minister of No: You feel the horse starting to fade away or resist a little, so you increase the pressure on the rope or add some stick, and *boom*—the horse is out of there. In effect you were saying, "No, no, don't fade away... come here, stay here," but all the horse feels is pressure and your displeasure, and that becomes threatening.

The Ambassador of Yes feels the horse starting to break mental connection. Instead of trying to prevent the horse from leaving, you start to follow the horse in a non-threatening manner, fading in behind Zone 5 as you let the line feed out so the horse feels no resistance or blocking whatsoever. This immediately defuses the situation. The horse softens and soon offers to turn toward you, at which moment you smile and back away, drawing him toward you.

The Result: You start saying, "Yes! It's okay to leave. I'm sorry I pushed you too far. I'll just flow along with you until you feel okay again," and pretty soon your horse cannot see any reason for leaving you anymore. The reason he left in the first place was that when he thought about it, you gave him more reason to do it.

It's the same with incessantly eating grass. Start saying, "I know you love grass. Let me find some other good spots for you," and pretty soon your horse stops trying to dominate you because there's nothing to argue about. He gets more agreeable and interested in what you want to do next.

2. Encourage it

Essentially this works because you just can't get into an argument! For example, when your horse wants to run, you encourage it. When he wants to nibble on the rope or the stick, you encourage it! I can hear you thinking, "How on earth can that work? What if your horse just kept eating? You'd never get anything done!"

The Minister of No: Your horse feels the need to run, either because he's worried (Right-Brain) or because he challenges your leadership (Left-Brain). So you shake the rope to try to slow him down, and he spikes into the air, gets worse and even pulls away. You're saying, "No! Don't go so fast. I want you to trot." But your horse starts to fight you and gets worse, more impulsive, pulling on the rope. When you hold him back you increase his fear (Right-Brain) or give him something to argue with (Left-Brain).

The Ambassador of Yes feels the horse's need to run, either because he's feeling fresh and playful (Left-Brain) or because he's tense and worried about something. So you encourage it by asking him to speed up a little more and then wait to see how long he'll stay speeding. If he doesn't slow down after two or three laps, speed him up again for a lap and wait. A few repetitions like this and your horse calms down because there's no fight, and because he feels that you understand his needs.

The Result: Your horse feels more connected to you because you're thinking like a horse instead of a human. He uses up the adrenaline the way nature intended (by running) and becomes calmer and calmer. In the long run your horse realizes that you are with him rather than against him. He'll look to you more for leadership and be

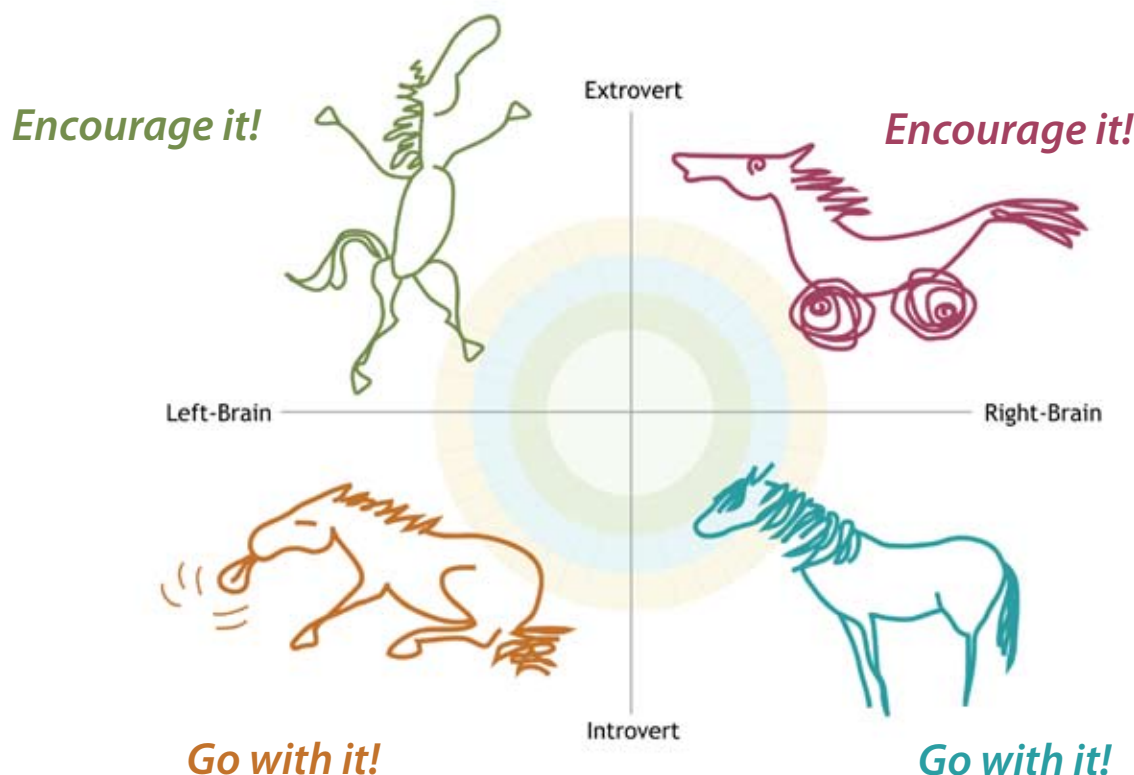
less likely to argue or resist.

By the way, this would be best done on the ground! And make sure you're not punishing him by making him run harder; you're encouraging it with a positive thought in your head and a little energy in Zone 5.

A New Way of Thinking

I know that when I really started to understand the meaning of this, things with my own horses went to another level. And when I dealt with so-called "problem horses," it started to become more fun and easy. Things get calmer quickly, the horse stops feeling the need to fight, escape or argue and before you know it there's a wonderful connection and harmony that develops and keeps building.

Become the Ambassador of Yes. Sure, you're going to screw it up now and then, but if you start thinking differently, you'll start behaving differently. Through repetition it will become a good habit, and as Pat says, "Horsemanship is nothing more than a series of good habits." As you embark on this mission you'll end up finding lots of ways to say yes instead of no, and your relationship with your horse will go to a whole new level. 🐾



Saddle Savvy

It doesn't matter how much you like your saddle; it's your horse that's underneath it, so that's whose opinion we need to get.

Your Horse Will Tell You When It's Right

It doesn't matter how much you like your saddle; it's your horse that's underneath it, so that's whose opinion we need to get. Some horses are very clear in communicating their discomfort – they buck or stop wanting to move—but most are subtle, and most riders aren't really aware that something is wrong or that the saddle is to blame.

Here is how we have learned to read what the horse is trying to tell us.

General body shape when moving

Is his topline concave or convex? Can he round and stretch his topline when he travels?

Body indications while moving

Is he tense or bracy? Can he bend through his body? Are the under-neck muscles tight? Is his chin held up and out? Does he nod up or down, carry his head high and contract his neck? Can he tuck his belly, or does it sag down? (The abdominal muscles are responsible for rounding the back.)

And what about facial expression? Are his eyes squinty, dull/resigned? Ears pinned/annoyed, nostrils wrinkled?

Stride length and quality

Does he track up or under-track (hind foot doesn't reach up to front foot print)? Is he heavy on the forehand? Are the hind legs reaching underneath or strung out behind? Are the footfalls heavy or choppy?

Transitions

Does he fall on the forehand, brace or rush into transitions? Have trouble cantering?

We believe that the best saddle should make it easier to carry the weight of the rider and enhance the horse's ability to push his back up into the saddle and give complete freedom of the shoulders. When it's right, his expression changes, he stretches his topline, becomes more flexible, lengthens and lightens his stride, and every gait becomes smoother and rounder.

As a developing horseman it's important for you to learn how horses move, improve your powers of observation and hone your diagnostic skills.

Go to www.parellisaddles.com and download the diagnostic chart we use—for *free*. Simply click DOWNLOADS at the bottom of the page. You'll find lots of other helpful information there to print out, too. 🐾

BEFORE Seattle is the reason I found Parelli. He was in sorry shape when I got him off the track, mentally and physically damaged. You can see the distrust in every part of him. He would bite first and ask questions later.





AFTER Much different a year later! The picture of him trotting on a loose rein is powerful proof that Parelli works!

THANK YOU for my Parelli saddle system!

It took six months to rehabilitate Seattle's back when I first got him. The unconfirmed story was that he flipped over backward in a starting gate (he's a son of Seattle Slew). Anyway, I tried three other saddles (I borrowed from other people) but wasn't happy with the expression on his face—he just didn't look comfortable. Stride was short and choppy, and I thought that was just the way things were going to be.

So I started to read everything on the Parelli website about the saddles and shimming. I talked to Parelli Professional Ann Kiser about the Parelli saddles and finally decided to take a leap of faith and order the Fluidity saddle. The most amazing thing happened the first time I put it on him—he could trot around me and just skim his nose above the ground. You know what I mean? He was relaxed; no more choppy stride! I felt as though I were floating when I rode him—absolutely the best saddle ever. Believed in it so much, I have since purchased a Natural Performer for my mare. No disappointment there, either. Love, Language, Leadership and Parelli tools helped me win my magnificent horse's heart. I can't thank you all enough!

Dana Ash, Grants Pass, OR

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A PARELLI PREFERRED PRODUCT

Level with Me by Linda Parelli

Setting goals such as learning particular skills and tasks is important for never-ending self-improvement.

The Levels Pathway has hundreds of tasks for you to learn to do. They are organized into Four Savvys and Four Levels of expertise. In this section we will focus on some specific tasks from the Self-Assessment checklist, which can be found on the Savvy Club website: www.parellisavvyclub.com.

Liberty Level 4: Close Range 360s on the ground

This is nothing more than the combination of disengaging the hindquarters and driving the front end to get a full 360-degree turn in flow. It's a great task to learn to do, but you and your horse have to be ready. Because your horse is going to do a full 360 degrees, you're going to be behind him at one point. This means there can be no more fear in the relationship between you and your horse—this is a demonstration of confidence and trust.

1. Move the hindquarters away.
2. Ask the front end to turn with it.
3. Disengage the hindquarters on the other side.
4. Draw the front end toward you.

Purpose

Better communication, more confidence, more trust, more expertise. It is also the first step in getting your horse to do spins in front of you!

Level of Quality

This is not something to do at speed... yet. At first you'll do it as a relatively close-range Driving Game, and it will look like a ballet move—a slow, smooth and curvy turn-around. This will gradually build to a medium range, and that's when you can increase speed. It's amazing to see a horse spin in front of you with a couple of suggestions towards the hindquarters and front end!

Level

Definitely an advanced Level 4 task to work on later rather than sooner. If your horse fears you in any way, you could be in a vulnerable position behind him. Don't be in a hurry to do this; allow the relationship and communication to develop, and one day it will feel natural and simple. It is absolutely not something you can rush or force!



1. Disengage the hindquarters. 2. Ask the front end to turn with it. 3. Keep the front end moving as the horse pivots on his hind feet. 4. Continue turning the front end away as the horse comes all the way around. 5. Use your Carrot Stick™ and Savvy String to keep pressure on the horse's front end and complete the turn. 6. Disengage the hindquarters on the other side. 7. Draw the front end toward you.

FreeStyle Level 2: Mount from a fence

Nothing is more fun than teaching your horse to sidle up to the fence (or mounting block or anything you might want to stand on) for mounting. Not only is it easier for both horse and rider, it is *cool* when you get up on the fence and your horse automatically moves into position! Talk about getting permission to get on.

1. Make sure your Sideways Game is functional and easy.
2. Sit on the fence; make sure you are secure.
3. Hold your horse close, right on the snap of the halter and 12-foot Line. This will help you isolate moving the hindquarters rather than having your horse move all over the place.
4. Using the Driving Game, practice moving his hindquarters over to the right and to the left until he is parallel with the fence. You might even reach over him to ask him to come toward you. Be sure to use approach and retreat so he doesn't feel forced or get worried. Help him understand and find the sweet spot.
5. When he gets next to the fence, rub him all over his topline with your Carrot Stick™ and even one of your legs. This is the Friendly Game, and it will help him stand still.
6. Once he passes all the tests and you have a green light, gently step onto your horse. If your horse is saddled, you can choose to either put your foot in the stirrup or act as if he is bareback.

7. Get on and off a few times. Be thorough in your preparations and ensure your horse's confidence. This will help you make sure it's better next time.

8. Remember to stand there for a few moments to teach your horse patience before heading off.

Purpose

- Another way to mount your horse.
- A useful skill to teach your horse.
- To make mounting easier, especially if he is tall or bare-back or if you are compromised in some way.
- It's fun and impressive.

Level of Quality

At first you'll have to ask for every little step to maneuver your horse close and into position. Pretty soon your horse will learn exactly what's required and will automatically sidle up when you get up on that fence. That's when it's fun and really feels like partnership.

Level

This is a Level 2 skill and is best done later rather than sooner so you have time to develop your trust, communication and understanding. You also want to make sure your horse is ready to ride and that you both feel confident. 🐾



1. Check your Sideways Game, then sit on the fence and make sure you are secure. 2. Using the Driving Game, move the horse's hindquarters toward the fence. 3. You might even reach over him to ask him to come toward you. 4. Be sure to use approach and retreat so he doesn't feel forced or get worried. 5. When he gets next to the fence, play the Friendly Game. 6. Gently step onto your horse.

Linda's Journey

Ya Gotta Have A Goal

I remember getting into the business world in my early twenties and being exposed to goal setting. I hated it. At the seminars we were encouraged to set a goal for what we would be earning by when, what our house would look like, how many kids, etc. For some reason I just couldn't do it that way. So I decided to come up with a couple of goals I could work on each and every day that I thought would also help me be successful in whatever I did. They were (and still are):

1. To be happy.
2. To be excellent.

They have served me well over the years and continue to be an important checklist for me. Being happy doesn't necessarily mean smiling and skipping around 24 hours a day. It means finding a way to be passionate about what I'm doing or not doing it.

However, there comes a time—even I have to admit it—when you realize you need something that makes you *want* to get out of bed in the morning vs. *have* to. Luckily I have lots of such things—our business, our cause, you guys, teaching, writing, traveling, touring—but somewhere along the line I lost the passion for my horsemanship goals.

A few years ago I had reached a point where I didn't really know what I was working on with Remmer anymore. We were at the top of the Levels, performing all over the country and beyond, but not reaching further than that together. Something had to change. Pat and I were talking, and I said, "You know, I'd like to pursue my dressage education again."

That reignited my desire, and I'm lucky to have mentors who enhance that for me—Walter Zettl and, of course, Pat Parelli. From that moment till now, every time I go and play with Remmer I know where I'm going and what I want to achieve. Even when work gets a bit overwhelming and I can't be out there with him, I'm still thinking about it, rehearsing in my head and as I drive my car!

So I want to ask you: What is *your* goal for your horsemanship? Do you have one? Can you respond within five seconds? It's important to have a goal you are passionate about because it will fuel you in every way. You'll get out



photo by Coco

Every time I go and play with Remmer I know where I'm going and what I want to achieve.

of your comfort zone, learn things you never expected to, get to new levels of trust and connection with your horse, accomplish things that most people don't, feel more alive!

Here are some ideas I have to help you define your horsemanship goals. Grab a pen and circle the ones that apply to you and fill in additional ones you can think of.

Check yourself out

1. *Pick one thing that is the most important for you in your horsemanship (you can only pick one!):*

- a. fun
- b. harmony and trust
- c. study and learning
- d. achievement

2. *Circle what is most important to you right now:*

- a. Safety, overcoming fear
- b. Fun
- c. Excellence

3. *What Level of horsemanship skill would you like to have:*

- a. Level 1
- b. Level 2
- c. Level 3
- d. Level 4
- e. Professional
- f. Performance (competition, Parelli Games, demos)

4. *What are some things you believe get in the way of you achieving these goals?*

- a. Work
- b. Time
- c. Money
- d. Lack of support (friends, family)
- e. Other _____

Okay, here we go...

No excuses!

The thing that most people hang on to, including me at times, is a set of excuses for why we are not achieving our goals. But the truth is we are probably not really clear on our goals, have lost sight of them, they're too big, or they're not *exciting and compelling enough*. The last one is usually it.

Sure, working less, having more money or time would be great, but I know lots of people who have all of these and still don't go and play with their horses—and thousands of people who are living their dream with horses while working their butts off! You've got to be in touch with your dream. Remember how passionate you are about horses? Don't lose sight of that. Passion is what drives a fulfilling life.

Write it down. What is your DREAM with horses? Your *DREAM!*

Get your goals straight

Write them down, BIG. Post them somewhere visible so you focus on them every day in some way, and add some steps to achieving those goals, such as self-assessments, play days, getting your next Savvy Club DVD or magazine,

lessons, clinics or courses. For me, having sessions with Walter every two months sure helps keep me on track!

Consider time lines

It may or may not help you to have time lines. Do what works for you. Personally, I don't like having them, but I'm motivated enough by feeling success in some small way every day.

Solve problems quickly

There's nothing worse than feeling stuck. That alone can be terribly de-motivating, so remember all the resources that we have here for you, such as the Savvy Club Vault, tour events, activity groups (study buddies), the DVDs and magazines and our wonderful Parelli Professionals. Stay connected.

Celebrate!

Make sure you celebrate your *smallest* achievements, not just the big ones. Think of ways to do this that would be meaningful for you. Let your friends know, get together with like-minded people to make sure you have support—that sure does help! 🐾



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AR CASH N CHEX
Red Roan gelding by
Colonel Doc Bar Chex



AR CAT TIME CUTTER
Sorrel w/ flaxen filly by
One Smart Peppy



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Second-Hand Gold

by Teri Sprague

*Second-hand gold is as good as new! What I have learned I can share with you.
If you bank it deep within your heart, your horsemanship will soar off the chart.*

I have learned many things in my natural horsemanship journey since 1995. In this debut column I'd like to share with you the importance of the Parelli Alphabet.

A, B, C, D, E, F, G...H, I, J, K,
Ella-meno-P...

Q, R, S...T, U, V...W, X...Y and Z.

Now I know my ABC's. Won't you come and sing with me?

As children we all sang the alphabet song. Long before we could identify the shapes of the letters, we knew their names—even though there may have been a little confusion there in the middle. As we grew, we discovered their shapes and sounds and that they could be combined to convey messages. The messages started out simple and

became more complex. Along the way confusions and misunderstandings cleared up.

The Seven Games of Parelli are our horseman's alphabet and first words. When we are first exposed to them, we learn them by name and number, and then we begin to learn their "shape." As we go along we may discover that some of our initial understandings were not quite right, and we clarify. Soon we can string the games together to make words and sentences and carry on conversations with our horse. When you are like Pat, you "write" encyclopedias. However, even Pat uses the same alphabet.

The Principle Games (Friendly, Porcupine and Driving) are the letters. There is nothing you can do with your

What's the Principle?

Friendly Game #1:

Human uses rhythmic motion to desensitize and or relax the horse

Porcupine Game #2:

Human uses steady pressure to invite horse to follow a feel.

Driving Game #3:

Human uses rhythmic pressure to invite horse to follow a suggestion

What's the Purpose?

Yo-Yo Game #4:

Develop ability to go forward and backward with equal ease

Circling Game #5:

Teach the horse his responsibilities

Sideways Game #6:

Promote positive control of the ends (hindquarters and forequarters)

Squeeze Game #7:

Overcome claustrophobia



photos by Coco

horse that is not one or a combination of these games. Either you are trying to convince your horse that you (or something else) are not going to eat him (Friendly Game), or you want him to follow a feel (Porcupine Game), or you want him to follow a suggestion (Driving Game) or some kind of combination thereof.

The Purpose Games (Yo-Yo, Circling, Sideways and Squeeze) are simply combinations of the first three games. This is important to understand because when a task falls apart it is almost always because one of the Principle games is broken. If you can isolate that part and improve it separately, when you recombine it and try again the results will usually be better. Thus the games are not only communicative but also diagnostic and prescriptive.

Can you dissect the Yo-Yo Game into its Principles?

Game 3—Driving: rhythmically wiggle the finger, wrist, elbow or shoulder.

Game 1—Pause when the horse responds.

Games 3 and 2—Stroke the rope to draw the horse back to you (stroking starts as a rhythmic pressure of suggestion—Game 3—and becomes a steady pressure of feel—Game 2—on the back of the halter if the horse doesn't respond).

Dissect the other purpose games. Can you see the Principle games in them? Once you get good at this you will be able to break any task down into its basic parts, work on individual components and get fantastic results. Even riding is nothing more than Games 1, 2, and 3 from the top of Zone 3. Many people struggle with their riding because their Porcupine Game is weak. Like Love, Language and Leadership, Games 1, 2 and 3 must be balanced.

As parents, we got pretty tired of hearing that same old song over and over...and over... However, new interest and fascination can be created by using a different melody, cadence or tempo. When writing we first learned how to print, then we learned cursive, and then each of us created handwriting unique to us. So though you need to practice the basics, don't bore your horse with the "printed alphabet" forever. Add new interest by varying little parts. Change the zone you do it in or from. Find a reason or a purpose by adding a toy or obstacle. This can be started as early as the third session with Left-Brain horses and by the seventh session with Right-Brain horses.

Soon there will be nothing you can't do, because knowing the alphabet will give you freedom to create new words, sentences and stories. 🐾

Can You Challenge!

Here's a little imagination game you can play to help you expand your alphabet and dissect problems.

Usually we play Game 2 (Porcupine Game) in Zone 2 (the chest), from Zone 1 (in front of the horse with a Carrot Stick™ on the chest) or from Zone 2 (standing beside the horse's neck and putting on fingers on the chest) to back up. Can you play the Porcupine Game in Zone 2 (the chest) while standing somewhere in Zone 3? Zone 4? Zone 5? Remember that the Porcupine Game is steady pressure! Email me a picture and/or a description of how you got it done at ts4pnh@yahoo.

Teri Sprague is a Licensed 4-Star Senior Instructor and has been teaching Parelli since 1995. She is available for Level 1-4 Clinics around the nation as well as lessons at her headquarters near Ft. Collins, CO. She specializes in building confidence in riders and horses using imaginative applications of the empowering psychology, principles and techniques of Parelli Natural Horsemanship.

www.terisprague.com





Official Graduates

Congratulations to the new Levels Pathway Graduates! March 13, 2010 – June 2, 2010

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(On Line + FreeStyle + Liberty + Finesse)

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Chris Vandenberg, Australia

Level 4 On Line Graduates

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Karin Pettersson, Sweden
Theresia Steinkogler, USA

Level 4 FreeStyle Graduates

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Mira Geldermann, Germany
Emma Letchford, UK
Elisabeth Pospischil, Switzerland

Level 4 Liberty Graduates

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Theresia Steinkogler, Austria

Level 4 Finesse Graduates

Sally Berry, UK
Elisabeth Pospischil, Switzerland
Dawn Roth, USA

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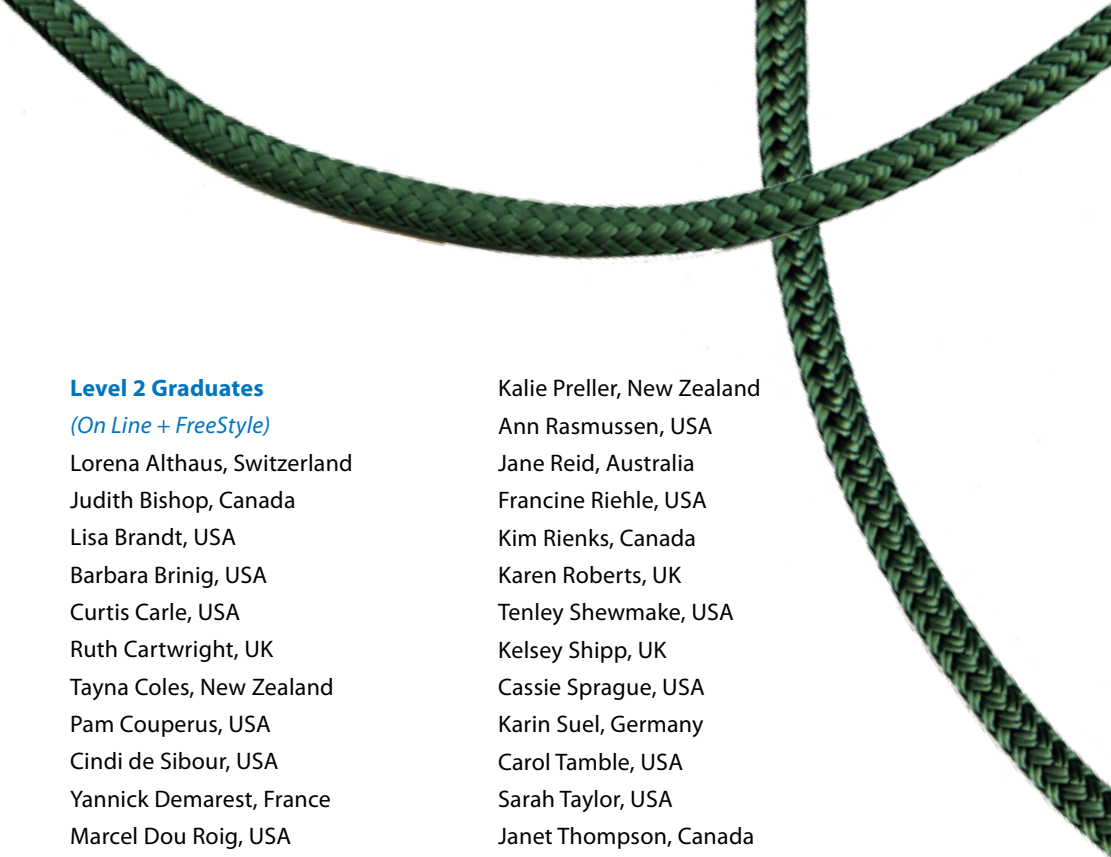
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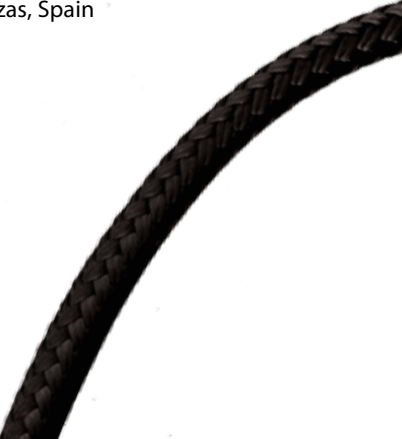
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name, or misspelled it, please
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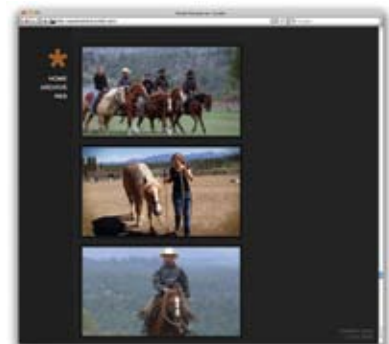


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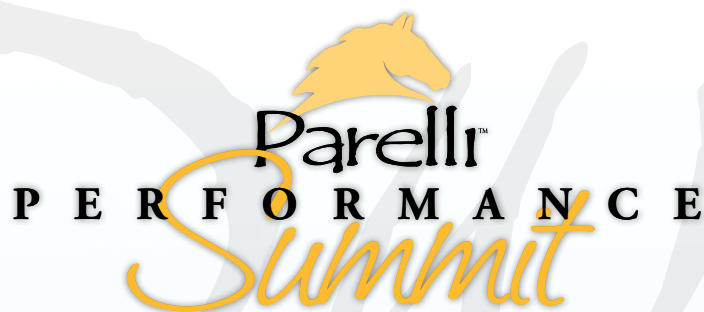
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Meet the team behind the scenes: the professionals behind Parelli Central. Get the latest news and photos from Pagosa Springs and get to know the folks who make it all happen!
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